


Resistance Training For Special Populations

Author :Ann Marie Swank / **Category :**Medical / **Total Pages :** 384 pages

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Summary : Free resistance training for special populations pdf download - resistance training for special populations provides strategies designed to increase muscle strength power and endurance for individuals with chronic disease individual chapters are developed by recognized experts for each chronic condition and detail the muscular fitness training required to enhance exercise outcomes and quality of life resistance training for special populations focuses on strategies related to the frail elderly osteoporosis congestive heart failure obese adults and children diabetes cardiovascular disease pulmonary disease asthma cancer arthritis low back pain hypertension and stroke resistance training for special populations follows a consistent conceptual framework and outlines the physiological rationale for strength testing and training each chapter presents an overview of the etiology of the particular chronic disease and impact on public health and society presents resources and evidence-based research and provides sample exercise programs in a practical how to format independence is a critical factor contributing to quality of life for individuals with chronic disease important notice media content referenced within the product description or the product text may not be available in the ebook version

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