


Fitness Matters Series – CT101

<p>Description</p>	<p>This includes the following 4 Fitness Matters Series charts:</p> <ul style="list-style-type: none"> ◆ How to Keep Strong and Healthy using Free Weights ◆ How to Keep Flexible and Mobile with Stretching Exercises ◆ How to Improve Core Stability with Floor and Inflatable Ball Exercises ◆ How to Keep a Fit and Healthy Heart and Control Your Weight
<p>Details</p>	<p>N/A</p>
<p>Image</p>	 <p>CHARTEX Fitness Matters Series</p> <p>A SET OF 4 CHARTS ADDRESSING FIVE KEY AREAS OF FITNESS</p> <ul style="list-style-type: none"> • Cardio Respiratory Fitness • Muscle Strength • Muscle Flexibility • Core Stability • Healthy Living • Ideal for use by all age groups • An essential resource for Personal Trainers, Physiotherapists, Gym Instructors, Fitness Coaches • Also an ideal visual resource for students studying GCSE, AQA, A'LEVEL and BTEC for NME Sport Studies <p>Using dumbbells and barbells as a form of resistance training helps to build and maintain strength in the skeletal muscles. The exercises in the manual are designed for use at home or in a gym. Approved by B.W.S.A.</p> <p>The manual provides a range of stretching exercises to improve flexibility and mobility for sport and daily life. It is designed for use at home or as part of a gym training session.</p> <p>Regular cardio-respiratory exercise coupled with healthy nutrition will help keep the heart fit and in good working order. The manual details the importance of these healthy living measures and the body during exercise.</p> <p>Improving core stability helps the posture, breathing, balance and coordination. Daily exercises to build your stability can help the body become more strong and feel balanced and be related with some posture to prevent back pain.</p> <p>For more information contact Chartex on +44 (0) 1793 530880 For full range of products visit www.chartexuk.co.uk</p>