
STEVE ADCOCK'S
Partner Workout

by Steven Adcock

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New York

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JR Anderson



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benefit from each workout You ll find 15 ready to use workouts along with nearly 100 exercises and stretches for creating your own perfect partner workout Tailor workouts to your desired focus including HIIT strength workouts cardio and more Most of the included exercises require no equipment at all while others use readily available equipment such as resistance bands and medicine balls The versatility of each exercise makes it simple for you and your partner to get in a great workout no matter whether you re in a gym in your home or outdoors For fitness professionals the teaching tips will help with incorporating partner exercises into large or small group fitness programs building comradery and keeping clients coming back for more With progressions and regressions for each exercise fitness professionals can learn to create workouts that are adaptable and scalable for every scenario Learn how exercising with a partner can get you engaged in your workouts and keep you moving toward your goals Become fitter and stronger together with Partner Workouts

Partner Workouts
Laura Williams, Noel Ferrin, 2016-12-13 The first full color fitness book that teaches you how to actively engage a partner in your workout routine Partner Workouts features 70 step by step exercises that utilize another person either directly for resistance or indirectly for stability and balance Forty workouts put these 70 bodyweight exercises yoga positions cardio and more into routines and three long term comprehensive exercise programs provide regimens so you and your partner can motivate each other to achieve your fitness goals over a period of time From choosing your partner and setting your goals to tracking your progress and nutrition this step by step guide doesn t require a gym membership or expensive fitness equipment So grab a friend and start your Partner Workouts

Yee Systems Steven Yee, 2018-07-11 The foundation of the YEE SYSTEMS program is core training This is the area between your chest and knees YEE SYSTEMS designed to train you from the center of your body out for coordination and balance Athletes understand the importance of balance and coordination in sports YEE SYSTEMS is for everyone regardless if you compete in sports or not This program designed to advance your genetic potential and overall condition Strong ABS would enhance your overall combination routines or in a series to concentrate on the abdominal region Some people can become obsessed with numbers in their training YEE SYSTEMS is based on change to shock your routine so that there is no adaptation from workout to workout Any athlete can do 1 000 sit ups nonstop Then they want to do more of the same exercise It does not mean that your overall AB conditioning is stronger YEE SYSTEMS encourages partner resistance and group training The average number for repetitions in the YEE SYSTEMS is ten You will be doing many exercises that use a towel with partner resistance to use of the medicine ball for added weight and resisting impact Some exercises you will be doing solo but applying your own resistance Machines and sit up boards cannot run with you on the program The mats are your home base and can be set up anywhere YEE SYSTEMS has few to no rest periods An example would be doing a high jump push up combination routine and you get winded Instead of sitting down to rest the group leader would have everyone doing AB work while they catch their breath and continue to another combination There are so many options and variables that you will not repeat the same routine again You do not

want your body to get used to anything All the abdominal exercises shown can be added into any combination or done between sets There is no set rule on when to do them Variety and unpredictability will make exercising fun

Discover tales of courage and bravery in its empowering ebook, Stories of Fearlessness: **Steve Adcocks Partner Workout** . In a downloadable PDF format (PDF Size: *), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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