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And when you ' re not number of the treadmill is PFTL10310. The serial num- exercising, the unique 740CS can be folded up, requir- can be found on a decal attached to the treadmill ing less than half the floor space of other treadmills. Page 6: Assembly ASSEMBLY Assembly requires two people.

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goals in the gym without a plan! Now you will never have to hit the gym without a set workout again! What you have in your hands is the ultimate blueprint to a bigger, stronger you! Now all your hours sweating and toiling away on the weight pile won't be in vain. Even the most seasoned gym veterans and highly skilled trainers have difficulty consistently coming up with fresh and effective workouts. But for those willing to put in the time (the lazy and uncommitted need not apply), the Size and Strength Blueprint is here to take your strength and physique game to the next level. In this book we show you exactly what to do to put on pounds of quality lean muscle mass, and strength levels to match, in a matter of weeks! These are not theory-based workouts. They have been tested and proven on world-class athletes from IFBB Pros Johnnie Jackson and Branch Warren, World Record Holder Jeremy Hoornstra, professional athletes, and some of the strongest men in the world. Josh and Noah Bryant have "been there and done that" and are full-time trainers whose clients make up the A-List of the weightlifting world. You can now use the secrets and methods of two of the world's best trainers in your own program. Imagine, in just a couple of months, being more confident, feeling better physically and mentally, and reaching goals you previously thought unattainable, all without living in the gym and doing hours of cannibalizing cardio! The Blueprint is going to be the greatest training investment you have ever made and is an absolute necessity for any serious strength athlete or personal trainer. If you have the work ethic, we have the plan!

Using Lady Morgan's *The Wild Irish Girl* as his point of departure, Thomas J. Tracy argues that nineteenth-century debates over what constitutes British national identity often revolved around representations of Irishness, especially Irish womanhood. He maps the genealogy of this development in fiction, political discourse, and the popular press, from Edgeworth's *Castle Rackrent* through Trollope's Irish novels, focusing on the pivotal period from 1806 through the 1870s.

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Laboratory Manual for Exercise Physiology, Second Edition With HKPropel Access, provides guided opportunities for students to translate their scientific understanding of exercise physiology into practical applications in a variety of settings. Written by experts G. Gregory Haff and Charles Dumke, the text builds upon the success of the first edition with full-color images and the addition of several new online interactive lab activities . The revitalized second edition comprises 16 laboratory chapters that offer a total of 49 lab activities. Each laboratory chapter provides a complete lesson, including objectives, definitions of key terms, and background information that sets the stage for learning. Each lab activity supplies step-by-step procedures, providing guidance for those new to lab settings so that they may complete the procedures. New features and updates in this edition include the following: Related online learning tools delivered through HKPropel that contain 10 interactive lab activities with video to enhance student learning and simulate the experience of performing the labs in the real world A completely new laboratory chapter on high-intensity fitness training that includes several popular intermittent fitness tests that students can learn to perform and interpret An appendix that helps estimate the oxygen cost of walking, running, and cycling New research and information pertaining to each laboratory topic A lab activity finder that makes it easy to locate specific tests In addition to the interactive lab activities, which are assignable and trackable by instructors, HKPropel also offers students electronic versions of individual and group data sheets of standards and norms, question sets to help students better understand laboratory concepts, and case studies with answers to further facilitate real-world application. Chapter quizzes (assessments) that are automatically graded may also be assigned by instructors to test comprehension of critical concepts. Organized in a logical progression, the text builds upon the knowledge students acquire as they advance. Furthermore, the text provides multiple lab activities and includes an equipment list at

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the beginning of each activity, allowing instructors flexibility in choosing the lab activities that will best work in their facility. Laboratory Manual for Exercise Physiology, Second Edition With HKPropel Access, exposes students to a broad expanse of tests that are typically performed in an exercise physiology lab and that can be applied to a variety of professional settings. As such, the text serves as a high-quality resource for basic laboratory testing procedures used in assessing human performance, health, and wellness. Note: A code for accessing HKPropel is not included with this ebook but may be purchased separately.

The focus of Wellness and Physical Therapy will be the application of wellness, particularly fitness wellness, to the practice and profession of physical therapy. The book addresses all items related to wellness in the Normative Model of Physical Therapist Professional Education: Version 2004, the Guide to Physical Therapist Practice, and APTA's Education Strategic Plan. The text consists of foundational knowledge, theoretical models, empirical research and application of material to physical therapy practice. Evidence-based practice is emphasized through a mixed approach of formalist and reader-response. An important text for all physical therapy students! Important Notice: The digital edition of this book is missing some of the images or content found in the physical edition."

This text contains an in-depth discussion of physiological adaptation to exercise with a goal of providing practical applications to facilitate exercise prescriptions for a variety of athletes.

The field of medical instrumentation is inter-disciplinary, having interest groups both in medical and engineering professions. The number of professionals associated directly with the medical

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instrumentation field is increasing rapidly due to intensive penetration of medical instruments in the health care sector. In addition, the necessity and desire to know about how instruments work is increasingly apparent. Most dictionaries/encyclopedias do not illustrate properly the details of the bio-medical instruments which can add to the knowledge base of the person on those instruments. Often, the technical terms are not covered in the dictionaries. Unless there is a seamless integration of the physiological bases and engineering principles underlying the working of a wide variety of medical instruments in a publication, the curiosity of the reader will not be satisfied. The purpose of this book is to provide an essential reference which can be used both by the engineering as well as medical communities to understand the technology and applications of a wide range of medical instruments. The book is so designed that each medical instrument/ technology will be assigned one or two pages, and approximately 450 medical instruments are referenced in this edition.

The most comprehensive and up-to-date guide to the technologies, applications and human factors considerations of Augmented Reality (AR) and Virtual Reality (VR) systems and wearable computing devices. Practical Augmented Reality is ideal for practitioners and students concerned with any application, from gaming to medicine. It brings together comprehensive coverage of both theory and practice, emphasizing leading-edge displays, sensors, and DIY tools that are already available commercially or will be soon. Beginning with a Foreword by NASA research scientist Victor Luo, this guide begins by explaining the mechanics of human sight, hearing and touch, showing how these perceptual mechanisms (and their performance ranges) directly dictate the design and use of wearable displays, 3-D audio systems, and tactile/force feedback devices. Steve Aukstakalnis presents revealing case studies of real-

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world applications from gaming, entertainment, science, engineering, aeronautics and aerospace, defense, medicine, telerobotics, architecture, law enforcement, and geophysics. Readers will find clear, easy-to-understand explanations, photos, and illustrations of devices including the Atheer AiR, HTC Vive, DAQRI Smart Helmet, Oculus (Facebook) CV1, Sony PlayStation VR, Vuzix M300, Google Glass, and many more. Functional diagrams and photographs clearly explain how these devices operate, and link directly to relevant theoretical and practical content. Practical Augmented Reality thoroughly considers the human factors of these systems, including sensory and motor physiology constraints, monocular and binocular depth cues, elements contributing to visually-induced motion sickness and nausea, and vergence – accommodation conflicts. It concludes by assessing both the legal and societal implications of new and emerging AR, VR, and wearable technologies as well as provides a look next generation systems.

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