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We train because we are human and we become human because we train. This is the surprising and original conclusion of Anatomy of Performance Training, in which John Matthews shows how training is a very human response to the problems of having a body and living in the world. Using illustrative case-studies of professional practice, each chapter addresses a specific body part, offering a self ...

100 STEP-BY-STEP EXERCISE PHOTOS AND 100 COLOR ANATOMY ILLUSTRATIONS COMBINE TO CREATE A HELPFUL, INFORMATIVE GUIDE FOR MAXIMIZING YOUR STRENGTH TRAINING RESULTS Picturing hundreds of step-by-step exercises and clearly colored muscle illustrations, Freeweight Training Anatomy reveals precisely which muscle groups are being built, stretched and sculpted in every workout. This extensive anatomy and fitness guide is the ultimate resource for creating smart, balanced fitness routines that employ barbells, dumbbells, kettlebells, sandbags and even your own body weight. ◊ Isolate and exercise hard-to-sculpt muscles ◊ Revolutionize your routine with unconventional weights ◊ Add hardcore combination moves for a full-body workout

This book offers a comprehensive and up-to-date overview of the restoration of teeth retained through root canal treatment, from the perspective of adhesive dentistry. The challenge of adhesion to root dentin is first explained and guidance provided on assessment of the restorability of endodontically treated teeth. The types of prefabricated passive post are then described in detail. The advantages and disadvantages of each type are outlined, with identification of the factors that influence post selection. Further topics include the ferrule effect, evidence-based clinical applications of fiber posts and new methods to lute fiber posts to the root canal without dentin adhesives. In addition, frequent myths are identified and dispelled. All aspects are illustrated with clinical and laboratory images, diagrams and high-resolution electron microscopy photographs.

Triathletes, rejoice! For the first time, USA Triathlon, its elite athletes, and the nation's most respected coaches share their secrets, strategies, and advice for every stage, every event, and every aspect of the world's most demanding sport. From training to technique, fueling to recovery, if it's essential to the sport, it is covered in Complete Triathlon Guide. In this guide, you'll find invaluable bike-handling techniques straight from the pros, learn how to assess running form and improve running cadence and stride, troubleshoot your freestyle swim stroke, and shave seconds off starts and transitions. And you'll go inside the sport for expert instruction and personal insights from triathlon's biggest names: Joe Friel Gordón Bym Bob Seeböhar Sage Roumiree Ian Murray Sara McLarty Linda Cleveland George Dallam Steve Tarpinian Kristia Austin Hilgo Mujika Alicia Kenldig Barb Lindquist Christine Palmquist Graham Wilson Jackie Doudeswell Jess Manning Joe Umphenour Karl Riecken Katie Baker Kristen Dieffenbach Kurt Perham Mathew Wilson Michael Kellmann Mike Ricci Scott Schmitzspahn Sergio Borges Sharone Aharon Suzanne M. Atkinson Timothy Carlson Yann Le Meur With Complete Triathlon Guide you'll enhance your training regimen with the most effective workouts, including stage-specific programs for swimming, cycling, and running; programs for strength, flexibility, and endurance; tactics that address individual weaknesses; and advice on tapering to ensure you're in peak physical condition on race day. From the latest on equipment and technology to preventing injuries and dehydration, this guide has you covered. Whether you're gearing up for your first race or you're a hard-core competitor looking to stay ahead of the pack, Complete Triathlon Guide is the one book you should not be without.

Foreword The Many Roads to Strength by Brooks Kubik III Opening Salvo: Chewing Bubblegum and Kicking Ass V 1. Introduction: Put Yourself Behind Bars VII PART I: SHOTGUN MUSCLE Hands and Forearms 2: Iron Hands and Forearms: Ultimate Strength 1-with Just Two Techniques 3: The Hang Progressions: A Vice-Like Bodyweight Grip Course 15 4: Advanced Grip Torture: Explosive Power + Titanium Fingers 39 5: Fingertip Pushups: Keeping Hand Strength Balanced 47 6: Forearms into Firearms: Hand Strength 57 A Summary and a Challenge Lateral Chain 7: Lateral Chain Training: Capturing the Flag 63 8: The Clutch Flag: In Eight Easy Steps 71 9: The Press Flag: In Eight Not-So-Easy Steps 89 Neck and Calves 10. Bulldog Neck: Bulletproof Your Weakest Link 113 11. Calf Training: Ultimate Lower Legs-No Machines Necessary 131 PART II: BULLETPROOF JOINTS 12. Tension-Flexibility: The Lost Art of Joint Training 149 13: Stretching-the Prison Take: Flexibility, Mobility, Control 163 14. The Trifecta: Your Secret Weapon for Mobilizing Stiff, Battle-Scared Physiques-for Life 173 15: The Bridge Hold Progressions: The Ultimate Prehab/Rehab Technique189 16: The L-Hold Progressions: Cure Bad Hips and Low Back-Inside-Out 211 17: Twist Progressions: Unleash Your Functional Triad 225 PART III: WISDOM FROM CELLBLOCK G 18. Doing Time Right: Living the Straight Edge 225 19. The Prison Diet: Nutrition and Fat Loss Behind Bars 237 20. Mendin' Up: The 8 Laws of Healing 253 21. The Mind: Escaping the True Prison 271 'BONUS CHAPTER! Pumpin' Iron in Prison: Myths, Muscle and Misconceptions 285

Boasting 100 exercises and 104 variations, the new edition of Bodybuilding Anatomy is the ultimate guide to gaining mass and sculpting your physique. It features step-by-step instruction and 141 full-color anatomical illustrations, including the most popular competitive poses, and recommendations to modify and individualize programming for specific needs.

Powerlifting. The name says it allstrength, power, intensity, concentration, determination. The sport's physical and mental demands are unlike any other, as are its athletes who must always be committed and focused on success. Now, hall of famer and nine-time world powerlifting champion Dan Austin has teamed with strength and conditioning expert Dr. Bryan Mann to create the sport's most comprehensive resource. Powerlifting breaks down every aspect of the sport, including fueling, preparation, and execution of the three primary lifts: bench press, squat, and deadlift. This hard-core guide includes more than 100 of the most effective exercises to enhance the three power movements, proven mental strategies, sample programs, and periodization plans for increasing absolute strength, power, and flexibility. The authors also share their secrets for preparing for competition, optimizing training, avoiding injuries, and advancing through the ranks. Whether you're serious about powerlifting or simply seeking a proven approach for developing strength and power from one of the most accomplished athletes in the sport, Powerlifting is a must-have.

This book presents a philosophical approach to probability and probabilistic thinking, considering the underpinnings of probabilistic reasoning and modeling, which effectively underlie everything in data science. The ultimate goal is to call into question many standard tenets and lay the philosophical and probabilistic groundwork and infrastructure for statistical modeling. It is the first book devoted to the philosophy of data aimed at working scientists and calls for a new consideration in the practice of probability and statistics to eliminate what has been referred to as the "Cult of Statistical Significance." The book explains the philosophy of these ideas and not the mathematics, though there are a handful of mathematical examples. The topics are logically laid out, starting with basic philosophy as related to probability, statistics, and science, and stepping through the key probabilistic ideas and concepts, and ending with statistical models. Its jargon-free approach asserts that standard methods, such as out-of-the-box regression, cannot help in discovering cause. This new way of looking at uncertainty ties together disparate fields ◊ probability, physics, biology, the ◊sof◊ sciences, computer science ◊ because each aims at discovering cause (of effects). It broadens the understanding beyond frequentist and Bayesian methods to propose a Third Way of modeling.

"Direct and accessible. A tour de force of research that demonstrates seemingly unlikely origins, evolutions, and contradictions of social identities."George Lipsitz, author of Footsteps in the Dark and American Studies in a Moment of Danger

Three of CouchDB's creators show you how to use this document-oriented database as a standalone application framework or with high-volume, distributed applications. With its simple model for storing, processing, and accessing data, CouchDB is ideal for web applications that handle huge amounts of loosely structured data. That alone would stretch the limits of a relational database, yet CouchDB offers an open source solution that's reliable, scales easily, and responds quickly. CouchDB works with self-contained data that has loose or ad-hoc connections. It's a model that fits many real-world items, such as contacts, invoices, and receipts, but you'll discover that this database can easily handle data of any kind. With this book, you'll learn how to work with CouchDB through its RESTful web interface, and become familiar with key features such as simple document CRUD (create, read, update, delete), advanced MapReduce, deployment tuning, and more. Understand the basics of document-oriented storage and manipulation Interact with CouchDB entirely though HTTP using its RESTful interface Model data as self-contained JSON documents Handle evolving data schemas naturally Query and aggregate data in CouchDB using MapReduce views Replicate data between nodes Tune CouchDB for increased performance and reliability

Presents step-by-step instructions for a variety of exercises using medicine balls, complete with two four-week training programs.

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