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# The Warm Up Maximize Performance And Improve Long

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Strong & Sculpted

Equine Fitness

The Choral Warm-Up Collection

The Warm-Up

The First 20 Minutes

Soccer Speed

Strength and Conditioning for Sports Performance

Velocity-Based Training

How to Warm-Up Properly for Strength Training

Warm-up in Football

NSCA's Guide to Program Design

Functional Training for Sports

Functional Awareness

Beyond Bigger Leaner Stronger

Run to the Finish

Gamespeed

Why Stretching Won't Make You Flexible

Warm-up in Football

175 Theatre Games

Rowing Stronger, Second Edition

Essentials of Strength Training and Conditioning

High-Performance Training for Sports

Dynamic Stretching

Bigger Leaner Stronger

Essentials of Strength Training and Conditioning 4th Edition

The Wim Hof Method

Operative Endoscopic and Minimally Invasive Surgery  
The Complete Choral Warm-up Book  
Essentials of Strength Training and Conditioning  
High-Performance Training for Sports  
Developing Speed  
Complete Warm-Up for Classical Guitar  
The Language of Coaching  
Triathlon Science  
Contemporary Advances in Sports Science  
Swimming Science  
Powerlifting  
Developing Agility and Quickness  
Foundations for Superior Performance  
Make your sports training a real success

*The Warm Up Maximize  
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## **LESTER BRADSHAW**

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*Strong & Sculpted* Alfred Music  
Developed by the National Strength and Conditioning Association, *Essentials of Strength Training and Conditioning*, Fourth Edition, is the fundamental preparation text for the CSCS exam as well as a definitive reference that strength and conditioning professionals will consult in everyday practice.

### **Equine Fitness** Routledge

Every football training session and match should begin with a warm-up in order to improve performance and reduce the risk of injuries. *Warm-up in Football* provides scientific evidence for the effect of warming up and describes how performance is closely related to muscle temperature. Furthermore, the book explains how the right warm-up prior to a match and at halftime improves the outcome in football. This book provides a basic understanding of the value of warming up and presents a significant

number of warm-up programs that can be used whether you are training professional, amateur or youth players. The warm-up programs and exercises are tailored to different training and match situations both on and off the pitch. Highlights from the book include: • New, inspiring and effective ways of warm-up for training. • Warm-up programs before matches. • Warm-up programs to improve performance at the start of the second half. *Warm-up in Football* is critical reading for all who have an interest in the coaching and physiology of football.

### The Choral Warm-Up Collection Coaches Choice Books

Brad Schoenfeld has helped hundreds of thousands of readers increase strength, lose fat, and sculpt the physiques of their dreams. Now, he's created a new program for a new generation. Strong & Sculpted is a science-based program that is simple and effective. It takes into account your needs and goals and then provides you with the knowledge and blueprint for achieving those goals. Strong & Sculpted will help you deliver results and maintain them. The four-phase program takes you from where you are to where you want to be, then keeps you there. You'll start by building an essential foundation for muscle development, then progress to more targeted sculpting and shaping. As you evolve, so will your plan. You'll find variations, new exercises, and workouts as you progress through the advanced and peak physique phases. To ensure you get the most out of your workout, Strong & Sculpted relies on 117 exercises proven most effective for shaping and defining the lower body, shoulders, arms, and torso. In addition to step-by-step exercise instruction and full-color photos depicting

proper technique, you'll find advice on reps, pacing, and optimal performance of each movement and full-color photos highlighting proper technique. You'll also learn to incorporate cardiorespiratory training and the mind-to-muscle and visualization techniques proven to enhance your results. Whether it's defined arms, chiseled abdominals, shapely upper body, curvaceous butt and legs, or all of these, Strong & Sculpted is your step-by-step guide to the body you've always dreamed of.

#### **The Warm-Up** Human Kinetics

A complete sourcebook for choral directors of all levels, as well as choral methods classes. Contains 211 warm-ups with information on usage, photos illustrating correct posture and vowel formation, and a well organized index to make finding the right warm-up a snap. Belongs in every choral director's library.

#### **The First 20 Minutes** Human Kinetics Publishers

Provides expertise for triathlon athletes seeking to raise their game by fine-tuning their physique, developing a race strategy, and setting personal goals.

#### Soccer Speed Storey Publishing

This book contains short and concise exercises for use in a warm-up before practice or performance, and for general technical advancement. The book is divided into four sections: I Arpeggios, II Scales, III Tremolo, and IV Slurs. Each section contains a description of the exercises and general instructions on how to play them. The exercises are intended for guitarists who are looking for a simple warm-up that does not require learning many complicated etudes, exercises or routines. In this book, only one etude is used for a variety of arpeggio and tremolo patterns. The scale warm-ups are based on a two-octave, one-position scale that is shifted up and down the fretboard, and a simple one-position chromatic scale. The pull-off and hammer-on slurs are combined into one exercise to save time. This same routine, when practiced with the metronome gradually increasing the tempo, can also double for technical work. With the exception of one chromatic scale exercise, the rest are on closed strings. Besides being able to move the scale up and down the fretboard, the first finger can be barred. This will increase the left hand difficulty and improve the left hand

position and strength. There is close to an hour's worth of material if all the exercises are played with all of their variations at different tempos. Not everything needs to be played everyday, so the warm-up session can be as long as desired or as short as time allows.

### **Strength and Conditioning for Sports Performance** Routledge

An effective strength and conditioning program is an essential component of the preparation of any athlete or sportsperson. *Strength and Conditioning for Sports Performance* is a comprehensive and authoritative introduction to the theory and practice of strength and conditioning, providing students, coaches and athletes with everything they need to design and implement effective training programs. Revised and updated for a second edition, the book continues to include clear and rigorous explanations of the core science underpinning strength and conditioning techniques and give detailed, step-by-step guides to all key training methodologies, including training for strength, speed, endurance, flexibility and plyometrics. The second edition expands on the opening coaching section as well as introducing an

entirely new section on current training methods which includes examining skill acquisition and motor learning. Throughout the book the focus is on the coaching process, with every chapter highlighting the application of strength and conditioning techniques in everyday coaching situations. *Strength and Conditioning for Sports Performance* includes a unique and extensive section of sport-specific chapters, each of which examines in detail the application of strength and conditioning to a particular sport, from soccer and basketball to golf and track and field athletics. The second edition sees this section expanded to include other sports such as rugby union, rugby league and American football. The book includes contributions from world-leading strength and conditioning specialists, including coaches who have worked with Olympic gold medallists and international sports teams at the highest level. *Strength and Conditioning for Sports Performance* is an essential course text for any degree-level student with an interest in strength and conditioning, for all students looking to achieve professional accreditation, and an invaluable reference

for all practising strength and conditioning coaches.

### *Velocity-Based Training* Human Kinetics

One of the world's greatest powerlifters offers a look at how to train and compete in the sport. Ten-time world champion Dan Austin has packed *Powerlifting* with technical advice for both men and women on nutrition, warm-up and recovery, training for competition, and mental health strategies.

### How to Warm-Up Properly for Strength Training Ulysses Press

INSTANT NEW YORK TIMES BESTSELLER

The only definitive book authored by Wim Hof on his powerful method for realizing our physical and spiritual potential. "This method is very simple, very accessible, and endorsed by science. Anybody can do it, and there is no dogma, only acceptance. Only freedom." —Wim Hof  
Wim Hof has a message for each of us: "You can literally do the impossible. You can overcome disease, improve your mental health and physical performance, and even control your physiology so you can thrive in any stressful situation." With *The Wim Hof Method*, this trailblazer of human potential shares a method that

anyone can use—young or old, sick or healthy—to supercharge their capacity for strength, vitality, and happiness. Wim has become known as “The Iceman” for his astounding physical feats, such as spending hours in freezing water and running barefoot marathons over deserts and ice fields. Yet his most remarkable achievement is not any record-breaking performance—it is the creation of a method that thousands of people have used to transform their lives. In his gripping and passionate style, Wim shares his method and his story, including:

- **Breath**—Wim’s unique practices to change your body chemistry, infuse yourself with energy, and focus your mind
- **Cold**—Safe, controlled, shock-free practices for using cold exposure to enhance your cardiovascular system and awaken your body’s untapped strength
- **Mindset**—Build your willpower, inner clarity, sensory awareness, and innate joyfulness in the miracle of living
- **Science**—How users of this method have redefined what is medically possible in study after study
- **Health**—True stories and testimonials from people using the method to overcome disease and chronic illness

**Performance**—Increase your endurance, improve recovery time, up your mental game, and more

- **Wim’s Story**—Follow Wim’s inspiring personal journey of discovery, tragedy, and triumph
- **Spiritual Awakening**—How breath, cold, and mindset can reveal the beauty of your soul

Wim Hof is a man on a mission: to transform the way we live by reminding us of our true power and purpose. “This is how we will change the world, one soul at a time,” Wim says. “We alter the collective consciousness by awakening to our own boundless potential. We are limited only by the depth of our imagination and the strength of our conviction.” If you’re ready to explore and exceed the limits of your own potential, The Wim Hof Method is waiting for you.

[Warm-up in Football](#) Oculus Publishers  
Developed by the National Strength and Conditioning Association (NSCA) and now in its fourth edition, *Essentials of Strength Training and Conditioning* is the essential text for strength and conditioning professionals and students. This comprehensive resource, created by 30 expert contributors in the field, explains the key theories, concepts, and scientific

principles of strength training and conditioning as well as their direct application to athletic competition and performance. The scope and content of *Essentials of Strength Training and Conditioning, Fourth Edition With HKPropel Access*, have been updated to convey the knowledge, skills, and abilities required of a strength and conditioning professional and to address the latest information found on the Certified Strength and Conditioning Specialist (CSCS) exam. The evidence-based approach and unbeatable accuracy of the text make it the primary resource to rely on for CSCS exam preparation. The text is organized to lead readers from theory to program design and practical strategies for administration and management of strength and conditioning facilities. The fourth edition contains the most current research and applications and several new features: Online videos featuring 21 resistance training exercises demonstrate proper exercise form for classroom and practical use. Updated research—specifically in the areas of high-intensity interval training, overtraining, agility and change of direction, nutrition for health and

performance, and periodization—helps readers better understand these popular trends in the industry. A new chapter with instructions and photos presents techniques for exercises using alternative modes and nontraditional implements. Ten additional tests, including those for maximum strength, power, and aerobic capacity, along with new flexibility exercises, resistance training exercises, plyometric exercises, and speed and agility drills help professionals design programs that reflect current guidelines. Key points, chapter objectives, and learning aids including key terms and self-study questions provide a structure to help students and professionals conceptualize the information and reinforce fundamental facts. Application sidebars provide practical application of scientific concepts that can be used by strength and conditioning specialists in real-world settings, making the information immediately relatable and usable. Online learning tools delivered through HKPropel provide students with 11 downloadable lab activities for practice and retention of information. Further, both students and professionals will benefit from the online

videos of 21 foundational exercises that provide visual instruction and reinforce proper technique. *Essentials of Strength Training and Conditioning, Fourth Edition*, provides the most comprehensive information on organization and administration of facilities, testing and evaluation, exercise techniques, training adaptations, program design, and structure and function of body systems. Its scope, precision, and dependability make it the essential preparation text for the CSCS exam as well as a definitive reference for strength and conditioning professionals to consult in their everyday practice. Note: A code for accessing HKPropel is not included with this ebook but may be purchased separately. *NSCA's Guide to Program Design* Oxford University Press  
Includes illustrated exercises and routines for horses of very age, ability and discipline, with conditioning aimed at improving soundness, stamina, longevity and quality of motion, in a book geared toward all types of riders, from backyard horse owners to competitive show riders. Original.  
*Functional Training for Sports* Mel Bay

## Publications

Alfred Music is proud to support ACDA (The American Choral Directors Association) with the publication of *The Choral Warm-Up Collection*, a new sourcebook featuring 167 favorite warm-ups contributed by 51 choral directors from across the nation. These generous directors have agreed to donate their royalties to the ACDA Endowment Trust, to be used for student scholarships and conducting awards. This incredible resource consists of warm-ups for every situation and focusing on many different vocal areas. The text is organized into several categories: beginning warm-ups, breathing, vowels, diction, flexibility, scales, intervals, intonation, phrasing, blend, dynamics, minor, range, chords and rounds. Set the mood for a successful choral rehearsal while developing and reinforcing positive ensemble vocal techniques with *The Choral Warm-Up Collection*.

**Functional Awareness** Human Kinetics  
Every football training session and match should begin with a warm-up in order to improve performance and reduce the risk of injuries. *Warm-up in Football* provides

scientific evidence for the effect of warming up and describes how performance is closely related to muscle temperature. Furthermore, the book explains how the right warm-up prior to a match and at halftime improves the outcome in football. This book provides a basic understanding of the value of warming up and presents a significant number of warm-up programs that can be used whether you are training professional, amateur or youth players. The warm-up programs and exercises are tailored to different training and match situations both on and off the pitch. Highlights from the book include: - New, inspiring and effective ways of warm-up for training. - Warm-up programs before matches. - Warm-up programs to improve performance at the start of the second half. Warm-up in Football is critical reading for all who have an interest in the coaching and physiology of football.

### **Beyond Bigger Leaner Stronger** Human Kinetics

Now in its third edition, Essentials of Strength Training and Conditioning is the most comprehensive reference available for strength and conditioning

professionals. In this text, 30 expert contributors explore the scientific principles, concepts, and theories of strength training and conditioning as well as their applications to athletic performance. Essentials of Strength Training and Conditioning is the most-preferred preparation text for the Certified Strength and Conditioning Specialist (CSCS) exam. The research-based approach, extensive exercise technique section, and unbeatable accuracy of Essentials of Strength Training and Conditioning make it the text readers have come to rely on for CSCS exam preparation. The third edition presents the most current strength training and conditioning research and applications in a logical format designed for increased retention of key concepts. The text is organized into five sections. The first three sections provide a theoretical framework for application in section 4, the program design portion of the book. The final section offers practical strategies for administration and management of strength and conditioning facilities. - Section 1 (chapters 1 through 10) presents key topics and current research in

exercise physiology, biochemistry, anatomy, biomechanics, endocrinology, sport nutrition, and sport psychology and discusses applications for the design of safe and effective strength and conditioning programs. -Section 2 (chapters 11 and 12) discusses testing and evaluation, including the principles of test selection and administration as well as the scoring and interpretation of results. - Section 3 (chapters 13 and 14) provides techniques for warm-up, stretching, and resistance training exercises. For each exercise, accompanying photos and instructions guide readers in the correct execution and teaching of stretching and resistance training exercises. This section also includes a set of eight new dynamic stretching exercises. -Section 4 examines the design of strength training and conditioning programs. The information is divided into three parts: anaerobic exercise prescription (chapters 15 through 17), aerobic endurance exercise prescription (chapter 18), and periodization and rehabilitation (chapters 19 and 20). Step-by-step guidelines for designing resistance, plyometric, speed, agility, and aerobic endurance training

programs are shared. Section 4 also includes detailed descriptions of how principles of program design and periodization can be applied to athletes of various sports and experience levels. Within the text, special sidebars illustrate how program design variables can be applied to help athletes attain specific training goals. -Section 5 (chapters 21 and 22) addresses organization and administration concerns of the strength training and conditioning facility manager, including facility design, scheduling, policies and procedures, maintenance, and risk management. Chapter objectives, key points, key terms, and self-study questions provide a structure to help readers organize and conceptualize the information. Unique application sidebars demonstrate how scientific facts can be translated into principles that assist athletes in their strength training and conditioning goals. Essentials of Strength Training and Conditioning also offers new lecture preparation materials. A product specific Web site includes new student lab activities that instructors can assign to students. Students can visit this Web site to print the forms and charts for

completing lab activities, or they can complete the activities electronically and email their results to the instructor. The instructor guide provides a course description and schedule, chapter objectives and outlines, chapter-specific Web sites and additional resources, definitions of primary key terms, application questions with recommended answers, and links to the lab activities. The presentation package and image bank, delivered in Microsoft PowerPoint, offers instructors a presentation package containing over 1,000 slides to help augment lectures and class discussions. In addition to outlines and key points, the resource also contains over 450 figures, tables, and photos from the textbook, which can be used as an image bank by instructors who need to customize their own presentations. Easy-to-follow instructions help guide instructors on how to reuse the images within their own PowerPoint templates. These tools can be downloaded online and are free to instructors who adopt the text for use in their courses. Essentials of Strength Training and Conditioning, Third Edition, provides the latest and most

comprehensive information on the structure and function of body systems, training adaptations, testing and evaluation, exercise techniques, program design, and organization and administration of facilities. Its accuracy and reliability make it not only the leading preparation resource for the CSCS exam but also the definitive reference that strength and conditioning professionals and sports medicine specialists depend on to fine-tune their practice.

*Run to the Finish* Human Kinetics  
Inspiration and practical tips for runners who prioritize enjoyment over pace and embrace their place as an "average" runner In her first book, popular runner blogger Amanda Brooks lays out the path to finding greater fulfillment in running for those who consider themselves "middle of the pack runners" -- they're not trying to win Boston (or even qualify for Boston); they just want to get strong and stay injury-free so they can continue to enjoy running. Run to the Finish is not your typical running book. While it is filled with useful strategic training advice throughout, at its core, it is about embracing your place in the middle of the



pack with humor and learning to love the run you've got without comparing yourself to other runners. Mixing practical advice like understanding the discomfort vs. pain, the mental side of running, and movements to treat the most common injuries with more playful elements such as "Favorite hilarious marathon signs" and "Weird Thoughts We all Have at the Start Line," Brooks is the down-to-earth, inspiring guide for everyone who wants to be happier with their run.

*Gamespeed* Meriwether Publishing  
**Functional Awareness: Anatomy in Action for Dancers** is where anatomy meets artistry. Each chapter provides explorations in embodied anatomy in an engaging manner with the use of images, storytelling, and experiential exercises. It is an accessible introduction to the relationship between daily movement habits, dance training and anatomy. The information is founded on over 30,000 hours of experience teaching and training dancers to generate efficient exertion and appropriate recuperation. **Functional Awareness: Anatomy in Action for Dancers** employs somatic practices along with explorations in experiential anatomy to

awaken the body-mind connection and improve movement function. The book applies the Functional Awareness(R) approach to improve dance technique and provide skills to enable the dancer to move with balance and grace in the classroom, on stage, and in daily life.

**Why Stretching Won't Make You Flexible** Hachette Go

The Warm-Up is the first book to describe the science of the warm-up and provide guidelines to maximize its effectiveness through the process of constructing effective RAMP-based warm-ups. The RAMP system—Raise, Activate, Mobilize, and Potentiate—looks at the warm-up not only as preparation for the upcoming session, but also as tool for athletic development that can cultivate the skills and movement capacities needed to excel in sport. RAMP has become a standard warm-up system recommended by the United Kingdom Strength and Conditioning Association (UKSCA) and is included in professional resources developed by the National Strength and Conditioning Association (NSCA).

**Warm-up in Football** Human Kinetics  
 The games and exercises in this book are

designed to be used as warm-ups at the beginning of a theatre class. They have been used successfully with middle school students and they can easily be adapted for use with younger children, older teens and adults in various settings. The games are divided into thirteen sections: Easy Reference; Clowning; Co-operation & Teamwork; Focus & Concentration; Getting Ready; Improvisation; Listening; Name Games; Observation; Pantomime; Stretching & Relaxation; Stage Movement; Voice. The games have been adapted from many books, workshop and standard group activities. This is a comprehensive collection of tested games and exercises. A must book for every theatre library.  
*175 Theatre Games* Human Kinetics  
 The New York Times bestseller that explains how groundbreaking scientific discoveries can help each of us achieve our personal best Every week, Gretchen Reynolds single-handedly influences how millions of Americans work out. In her popular New York Times column, she debunks myths, spurs conversation, and stirs controversy by questioning widely held beliefs about exercise. Here, Reynolds consults experts in a range of

fields to share paradigm-shifting findings that were previously only available in academic and medical journals, including:

- 20 minutes of cardio is all you need (and sometimes six minutes is enough) ·
- Stretching before a workout is counterproductive ·
- Chocolate milk is better than Gatorade for recovery

Whether you're running ultramarathons or just want to climb the stairs without losing your breath, *The First 20 Minutes* will show you how to be healthy today and perform better tomorrow.

*Rowing Stronger, Second Edition* CRC Press

NSCA's *Guide to Program Design* offers the most current information, guidance, and protocols from respected scientists and practitioners with expertise in strength and conditioning program design.

Developed by the National Strength and Conditioning Association (NSCA), this text offers strength and conditioning professionals a scientific basis for developing training programs for specific athletes at specific times of year.

Straightforward and accessible, *NSCA's Guide to Program Design* presents a detailed examination of considerations

and challenges in developing a program for each key fitness component and fitness performance goal. Editor Jay Hoffman and his team of contributors have assembled an exceptional reference for practicing professionals and a valuable educational resource for new professionals and students preparing for certification. This authoritative text moves beyond the simple template presentation of program design to help readers grasp the reasons and procedures for sequencing training in a safe, sport-specific manner. The text offers 20 tables that are sample workouts or training plans for athletes in a variety of sports, technique photos and instructions for select drills, and a sample annual training plan that shows how to assemble all the pieces previously presented. Plus, extensive references offer starting points for continued study and professional enrichment. *NSCA's Guide to Program Design* progresses sequentially through the program design process. It begins by examining the athlete needs assessment process as well as performance testing considerations and selection. Next, performance-related information on both dynamic warm-up and static stretching is

discussed and dynamic warm-up protocols and exercises are presented. Then it reveals an in-depth by-chapter look at program design for resistance, power, anaerobic, endurance, agility, speed, and balance and stability training. For each, considerations and adaptations are examined, strategies and methods are discussed, and evidence-based information on program development is presented. The final two chapters help you put it all together with a discussion of training integration, periodization, and implementation. In addition, a sample annual training plan illustrates how to integrate each of the key fitness components into a cohesive yearlong program. As a bonus, a sample annual training plan is provided on our website so you can create your own training plans. The fitness, safety, and performance of athletes reflect the importance of continued education in the science of strength and conditioning. *NSCA's Guide to Program Design* helps bridge the gap between scientist and practitioner by providing coaches and other strength and conditioning professionals with evidence-based information and applications.

Sharing the latest in proven research, NSCA's Guide to Program Design helps readers remain on the cutting edge of athletic performance. NSCA's Guide to Program Design is part of the Science of

Strength and Conditioning series. Developed with the expertise of the National Strength and Conditioning Association (NSCA), this series of texts

provides the guidelines for converting scientific research into practical application. The series covers topics such as tests and assessments, program design, and nutrition.