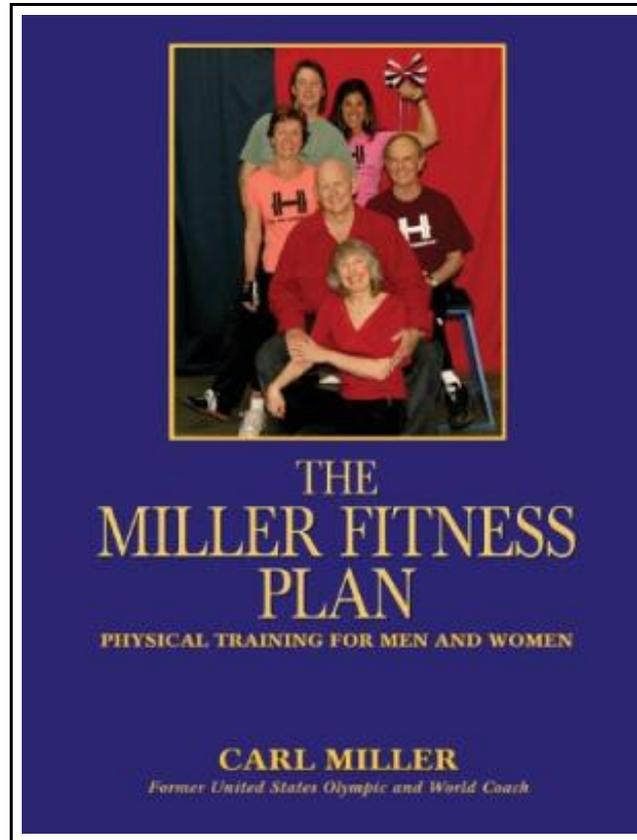


The Miller Fitness Plan



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Reviews

Absolutely among the finest pdf I have got possibly read. I am quite late in start reading this one, but better then never. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Prof. Lois Cormier II)

THE MILLER FITNESS PLAN



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Sunstone Press, United States, 2005. Paperback. Book Condition: New. 279 x 206 mm. Language: English . Brand New Book ***** Print on Demand *****.This readable, easy-to-follow guide to physical fitness incorporates Olympic coach Carl Miller s lifetime of experience. The book discusses the benefits of the motions used in Olympic-style weight lifting that contribute to strength, endurance and flexibility and Miller has fine-tuned his approach with decades of hands-on work with clients, both men and women, from age 9 to 90. The Miller Fitness Plan works for everyone, from athletes training for competition to reformed couch potatoes and people with physical challenges. Athletic weight training movements serve as a core for sound physical fitness, enabling people of all ages and abilities to see long term benefit, and have fun while exercising. Complete with photo illustrations, testimonials for those who have used the Miller Plan and advice on motivation, this book is a unique, user-friendly manual for getting and staying in shape that can be done at any gym or at home. CARL MILLER is the founder and co-owner, along with his wife, Sandra Thomas, of Carl and Sandra s Physical Conditioning Center which has been serving Santa Fe, New Mexico for more than 20 years. He has a master s degree in health, physical education and recreation with a specialty in exercise physiology, biomechanics and nutrition. He is a former United States Olympic Coach and the author of more than 50 articles and three books on Olympic-style weightlifting and athletic training. He has served as a consultant to many strength coaches in many sports, the most well-known of whom is Al Vermiel, former long-time strength coach for the Chicago Bulls basketball team, the San Francisco 49er s football team and the Chicago White Sox baseball team.



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