

1. Record Nr.	UNINA9910459213403321
Autore	Montero Etienne
Titolo	Rendez-vous avec la mort : dix ans d'euthanasie legale en Belgique // Etienne Montero Redondo
Pubbl/distr/stampa	Limal : , : Anthemis, , [2013] ©2013
ISBN	2-87455-790-0 2-87455-852-4
Descrizione fisica	1 online resource (137 pages)
Disciplina	344.49304197
Soggetti	Advance directives (Medical care) - Belgium Euthanasia - Law and legislation - Netherlands Euthanasia - Moral and ethical aspects - Belgium Right to die - Law and legislation - Belgium Electronic books.
Lingua di pubblicazione	Francese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Bibliographic Level Mode of Issuance: Monograph

2. Record Nr.	UNINA9910464087603321
Autore	Collins Allan
Titolo	The complete guide to kettlebell training // Allan Collins
Pubbl/distr/stampa	London : , : Bloomsbury, , 2011
ISBN	1-4081-6399-3
Edizione	[1st ed.]
Descrizione fisica	1 online resource (xi, 175 p. ) : col. ill
Collana	Complete Guides
Disciplina	613.713
Soggetti	Kettlebells Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Formerly CIP.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Cover -- Contents -- Foreword -- Acknowledgements -- Introduction -- PART ONE: The Basics -- Chapter 1 The history of kettlebell training -- Chapter 2 The kettlebell -- Chapter 3 The benefits of kettlebell training -- Chapter 4 Getting started -- Chapter 5 Safety considerations -- Chapter 6 Different grips and positions -- PART TWO: The Exercises -- Chapter 7 Kettlebell warm-up -- Chapter 8 Preparation exercises -- Chapter 9 Foundation exercises -- Chapter 10 Exercise progressions -- PART THREE: Training Recommendations -- Chapter 11 Training parameters and application -- Chapter 12 Example training sessions -- Chapter 13 Competitive kettlebell training -- Glossary.
Sommario/riassunto	Originating from Russia, kettlebell training is now a global phenomenon with clubs, gyms and individuals investing in equipment and training. Including information on the benefits of kettlebell training, this book explains how to use the equipment safely and provides warm-ups, drills and training programmes for all levels.