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| 1. Record Nr. | UNISALENTO991001703759707536 |
| Autore | Durigato, Lauretta |
| Titolo | L'art. 294 C.P. : un'ipotesi di tutela del diritto politico / Lauretta Durigato |
| Pubbl/distr/stampa | Padova : CEDAM, 1983 |
| Descrizione fisica | vi, 142 p. ; 25 cm. |
| Collana | Collana di studi penalistici. N.S. ; 33 |
| Classificazione | PEN-XVII/A |
| Lingua di pubblicazione | Italiano |
| Formato | Materiale a stampa |
| Livello bibliografico | Monografia |
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| 2. Record Nr. | UNINA9910825897603321 |
| 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 |
| 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.
