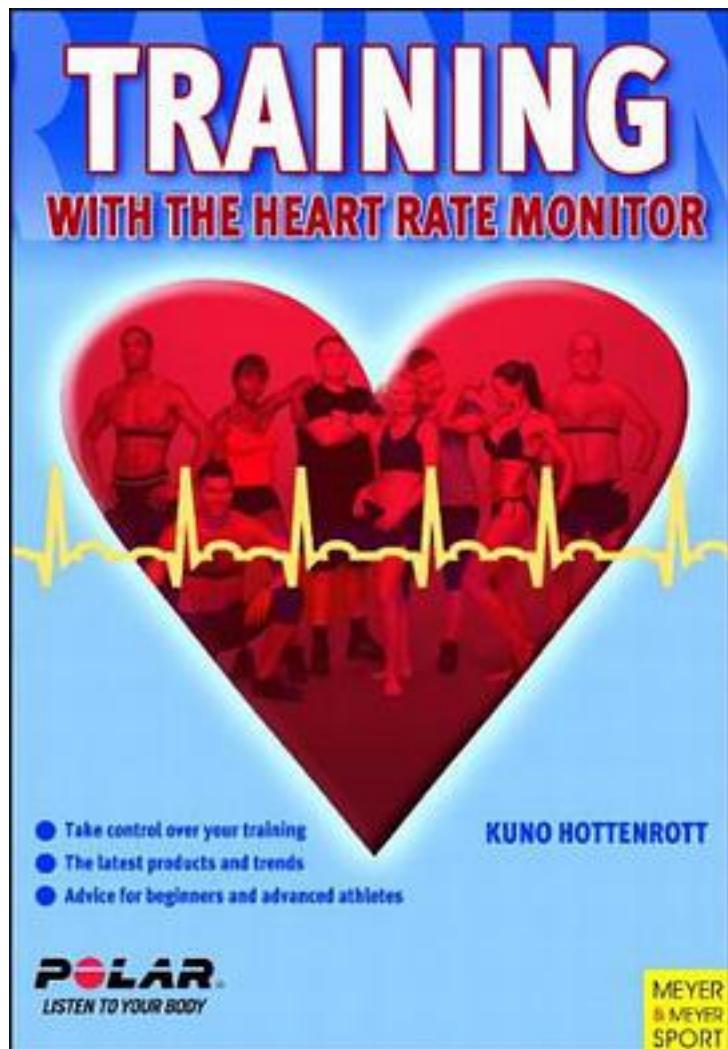


Training with the Heart Rate Monitor



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出版者:Perseus Distribution Services

出版时间:2007-4

装帧:Pap

isbn:9781841262130

Ever since the first portable heart rate monitors were made available in the 1980s, athletes and fitness enthusiasts have been using them to monitor and control training intensity to achieve maximum results. "Training with the Heart Rate Monitor" is a practical guide to the effective use of monitors in individual training. It provides expert information on training for endurance, therapeutic or cardiac rehabilitation, general fitness and wellbeing. It also examines the latest advances in the technology, products, and trends in heart rate monitors. This will become an invaluable resource for anyone wanting to build an individual training program for health and fitness using a heart rate monitor.

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