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The recession notwithstanding, our industry continues to make headway, reports IHRSA President and CEO Joe Moore

Innovations | What's New

National Strength and Conditioning Association



Well-designed programs from NSCA

» The National Strength and Conditioning Association (NSCA) offers a scientific basis for developing programs for specific athletes in the new NSCA's *Guide to Program Design*. The text offers current information, guidance, and protocols from scientists and practitioners with expertise in strength and conditioning program design. This resource presents a detailed examination of considerations and challenges in developing programs for each key fitness component and performance goal. Included are 20 tables that detail sample workouts or training plans for athletes, technique photos, instructions for select drills, and a sample annual training plan. For more information, contact the company at 888-746-2378; nsca-cc.org. —I

Performance Dynamics, LLC



Core-Tex performers salute Performance Dynamics

» The Core-Tex from Performance Dynamics, LLC, creates an instant environment for fun-filled and challenging workouts for exercisers of all levels and abilities.

The Core-Tex combines balance, reaction, dynamic strength, cardiovascular endurance, and mobility into one comprehensive design. A virtually infinite number of combinations of movements ensures that no two functional workouts are ever the same on this 30" diameter, three-dimensional surface. With its versatility, small footprint, and no required maintenance, the Core-Tex is an ideal addition to every health club. For more information, contact the company at 619-285-9218; functionfirst.com. —I



Accredited YogaWorks program, courtesy of NASM

National Academy of Sports Medicine

» YogaWorks has partnered with the National Academy of Sports Medicine (NASM) to offer an accredited yoga program specifically designed for personal trainers. Taught by certified YogaWorks instructors, the workshop shows participants how to incorporate yoga into personal training techniques. The two-weekend workshop series, which is broken down into two sections, teaches the benefits of yoga, popular poses, and special considerations, as well as providing hands-on, practical experience. Participants who complete the series become accredited Yoga Fitness Specialists, and earn 3.2 continuing education units (CEUs). For more information, contact the company at 800-460-6276; nasmm.org. —I

Octane Fitness



CROSS CIRCUIT DVDs from Octane Fitness

» Octane Fitness, LLC, has issued six DVDs showcasing its popular CROSS CIRCUIT program to equip exercisers with effective workouts at home. Ranging from 16-20 minutes, the DVDs each present a specific focus: Total-Body, Legs and Butt, Chest and Back, Shoulder and Arms, Core, and Golf Strength. Following the exhilarating CROSS CIRCUIT format, workouts alternate between cardio intervals on the elliptical and strength periods on the floor using Octane's exclusive Powerbands or PowerBlock adjustable dumbbells. Certified fitness instructor and personal trainer Chris Freytag leads the sessions, and exercisers can modify moves as necessary. For more information, contact the company at 888-628-2634; octanefitness.com. —I