





STRENGTH & CORE	ACTIVE AGING	PROFITS & PERFORMANCE	FUNCTIONAL & CORRECTIVE EX	RECOVERY & FLEXIBILITY	PROGRAMMING & PROGRESSION
Level Up Your Strength Classes! BANNISTER-MUNN	Functional Training for Active Agers GILBERT	Virtual Crash Course ROBINSON	Posture & Alignment MUMMY	The Battle for Mobility MCCORMICK	Fit by Numbers GAVIGAN
Top Tier Core Conditioning ROBINSON	Get a Head Start on Aging GILBERT	New Client Retention MCBEE	Advanced Corrective Exercise MUMMY	Hands on Stretching BANNISTER-MUNN	E.M.H. Training GAVIGAN
Use of Manual Resistance with Clients CHRISTOPHER	Hormone Balancing Fitness Prescription Difference ATKINSON	Attention to Retention ROBINSON	Physics of Pain & Performance MUMMY	Tiger Tail® Happy Muscles!® 365 Recovery ZULEGER	Assessments for the Elderly Client ROBERTS
Coaching Core Stability <i>MCBEE</i>	Everyday Strength for Active Aging ROBERTS	Profitable Small Group Training for the Personal Trainer HOWARD, MCCORMICK, MCBEE & MALAGHAN	Brain Balance Training SPLICHAL	Muscle Care for Happy Hips & Healthy Backs FULTON	Build Better Aging Body Balance ROBERTS
Sexy, Smart Strength for Women MCCORMICK	Strong Body Fountain of Youth <i>HOWARD</i>	Increasing Revenue as a Personal Trainer HOWARD, CHRISTOPHER, GAVIGAN & GILBERT	Bulletproof Your Feet SPLICHAL	Active Recovery for Better Results FULTON	The Exercise Layering Strategy HOWARD