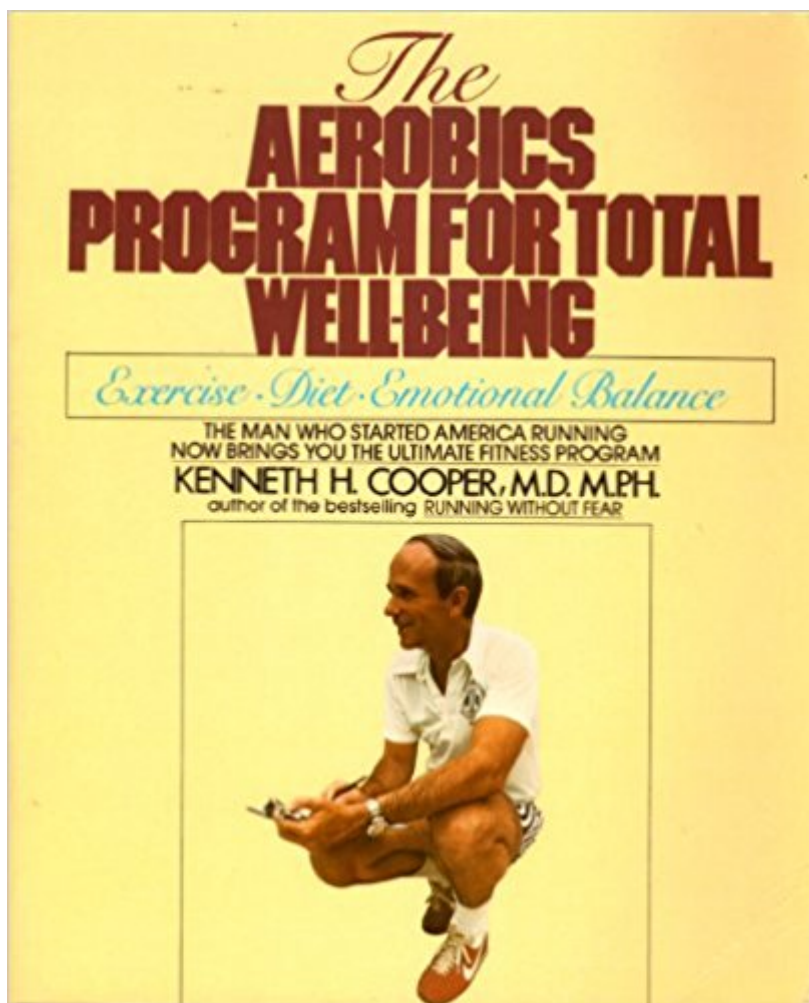


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# AEROBICS PROGRAM/



## Synopsis

The groundbreaking work that changed exercise forever.

## Book Information

Paperback

Publisher: Bantam (March 1, 1985)

Language: English

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## Customer Reviews

The groundbreaking work that changed exercise forever.

Doctor Cooper's book is "the original" in the world of aerobic conditioning. Yes, other books and articles have been written to no end since that original book, but this one's strengths out do the later imitators. Here they are: 1. The book is solidly based on well proven medical research. 2. The writing style is crisp, easy to understand - without a mass of undocumented claims/assumptions. 3. The book lays out simple tests and programs that allow you to find your present fitness level and then a straightforward step-by-step program for anyone to work their way to a fully fit cardiovascular state. I have used several of the later works on the market and they tend to create needlessly complex, hard to follow fitness concepts, exercises and drills. This original is short, accurate and not complicated to use. The most useful conditioning and fitness book I have ever used. I lost my original in the course of career moves and I was excited to find I could buy it from . It is no longer in print, so to find a decently preserved original was a treat. The weaknesses of the book - if they are that is: 1. The paperback version is a tad fragile and since you will tend to go back to it to look things up, or clarify a point, it gets worn quite easily. 2. If your sole reason for doing fitness activities is to work on building muscles and physical appearance, this is not the book for you. The book's goal is true fitness and muscle workouts alone won't get you there. If you truly want to improve your health and life read this book.

In 1968, Dr. Cooper made the discovery that one could dramatically improve their overall health through simple activities like walking, running, riding a bike, swimming to name only a few. Dr. Cooper is the one who came up with the idea for Aerobics. Interestingly, you could walk into nearly any Gym in America and ask any "personal trainer" where Aerobics came from, or who Dr. Cooper is, and not one in ten will know the answer. Through his research and case studies of (over 15,000) people of all ages and health conditions, Dr. Cooper discovered exactly how much physical activity (anyone) needs (daily), to improve their health to the optimum level. This book is difficult to get, however if you are able to get this great book, it has the information that could really change your life for the better. Buy it.

This book arrived on time and in great condition. It is the seminal work on aerobics and is a must-have for any serious student of aerobic exercises, be it running or any other.

I found a tattered copy of this in my grandparents things but lost my copy after I read it. I bought a copy to review. I wish there were more books like this out there. Very well written, in terms of instruction and motivation. If you are looking for an aerobics regime, look no further

I bought an original copy when it was first published over 40 yrs. ago. The suggestions and data have been tested for almost two generations now and are still sound. This copy was purchased for a friend.

I used this when I started running (in 1975) and recommend it or give it to anyone who expresses an interest in starting a running life. It is very easy to start and progresses at a pace anyone can do. I had not exercised at all when I started this at age 31 and had no idea what I should be doing. This solved the problem and led to 40 years of running and good health.

It was just as I remembered it from the late 1960's when I used it extensively.

I bought this to replace my well-worn paperback copy from 30+ years ago. This is still the simplest, most concise, and most effective book for determining and improving fitness levels.

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