



Kickboxing Fitness: A Guide For Fitness Professionals From The American Council On Exercise (Guides for Fitness Professionals) (Ace's Group Fitness Specialty)

By Tony Ordas, Tim Rochford

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Provides guidelines and criteria so that the kickboxing exercise modality can be practiced both safely and effectively. Four subject areas includes an introduction to kickboxing fitness (growth, benefits, workout types and styles), exercise science (safe participation, aerobic stimulus, kinesiology, dynamic stretching), teaching a kickboxing workout (equipment, attire, environment, music, modifications, class introduction/health screening, cueing, intensity monitoring), and programming (components, techniques, proper progression, injury prevention, high-risk and contraindicated movements). Also includes sample workouts, a glossary, and suggested reading. Contains more than 60 clear photographs. Produced in cooperation with the American Council on Exercise.

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Editorial Review

About the Author

Tony Ordas, M.A., is a 4th degree black belt in Kenpo Karate and an active martial arts practitioner and instructor. He has a master's degree in Applied Exercise Physiology from San Diego State University and is an ACE-certified Personal Trainer, ACSM Exercise Specialist, and NSCA Certified Strength and Conditioning Specialist.

Tim Rochford, owner of Yorkville, Ill.-Based Empower Training Systems, Inc., is a 5th degree black belt in Kajukenbo Karate and has been a sport karate and amateur kickboxing competitor since 1979. He holds personal trainer certifications from ACE, NASM, The Cooper Institute, AFAA, and NSCA, and is an ACE spokesperson for kickboxing fitness.

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