

# Download Acsm Exercise Guidelines Vo2max

ACSM's January-February Health & Fitness Journal CEC Bundle. Earn 8 CECs with this bundle, which includes four articles from ACSM's Health & Fitness Journal and covers these topics: deep vein thrombosis, resistance training, core training & exercise interventions for people with Femoroacetabular Impingement (FAI) What are VO<sub>2</sub> and VO<sub>2</sub>max?. VO<sub>2</sub> (or oxygen consumption) is a measure of the volume of oxygen that is used by your body to convert the energy from the food you eat into the energy molecules, called adenosine triphosphate (ATP), that your body uses at the cellular level. VO<sub>2</sub>max (or maximal oxygen consumption) is simply the maximum possible VO<sub>2</sub> that a given person can achieve. Circuit training is a form of body conditioning or endurance training or resistance training using high-intensity. It targets strength building or muscular endurance. An exercise "circuit" is one completion of all prescribed exercises in the program. AthleteInMe.com ® Rating: Worth A Look . Younger Next Year is a consumer book that promotes vigorous exercise as a means to improve longevity and quality of life. Recommended for: It is intended for older adults, however, it is appropriate for all audiences, especially those who are out of shape. The book's subtitle is: "A Guide to Living Like 50 Until You're 80 and Beyond."