

## Tip Sheet for Exercising

Below are some resources for using your body weight to exercise. As always, a 10 minute warm up and a 10 minute cool down including stretching is a must for safety and optimum training. *Each resource offered below needs to be tailored to YOUR specific needs, so the resources are not intended to be a “one size fits all” approach.* For information about a personalized training regime, please do not hesitate to contact me directly at [info@naturalsolutionsbyanke.com](mailto:info@naturalsolutionsbyanke.com)

### **Books**

#### **Body Weight Exercises**

1. The Naked Warrior ~ Pavel Tsatsouline ISBN 0938045555
2. Combat Conditioning, Functional Exercises for Fitness and Combat Sports ~ Matt Furey available at Amazon or [www.mattfurey.com](http://www.mattfurey.com)
3. Combat Abs ~ Matt Furey ~ available as above

#### **Weight Training Exercises**

1. Superflex ~ Corinna Everson, ISBN0809248654
2. Cory Everson’s Workout ~ Corinna Everson, ISBN 9780399516849
3. Getting Stronger ~ Bill Pearl, ISBN 0679732691

#### **Resources for Rehab or Beginners**

### **Web sites**

<http://ronjones.org/Coach&Train/ExercisePhotos/index.html>

<http://www.healthcoachingu.com>