

7 Weeks to 100 Push-Ups

Strengthen and Sculpt Your Arms, Abs, Chest, Back and Glutes by Training to Do 100 Consecutive Push-Ups

Steve Speirs

Summary

Crank out 100 push-ups! Learn how to successfully boost your upper-body and core strength and build muscle with the exercise program the *New York Times* says, "tests the whole body, engaging muscle groups in the arms, chest, abdomen, hips and legs."

If you're ready to massively increase your strength, follow the 7-week program in this book and you'll soon be able to complete 100 consecutive push-ups! You'll also transform your fitness, look great and feel even better as you sculpt every muscle from your neck down to your calves.

Offering several custom-designed, day-by-day plans, this book has something for everyone: from beginners embarking on a new workout regimen to athletes looking to enhance their strength training program.

Unleashing the power of the ultimate strength exercise *7 Weeks to 100 Push-Ups* includes:

- Instruction on how to do a perfect push-up
- Muscle-by-muscle breakdown of strength-building
- Challenging push-up variations
- Day-by-day and week-by-week exercise plans

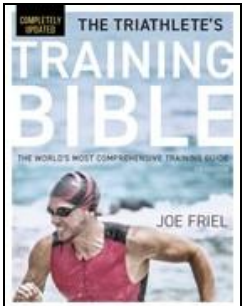
Get ready to unleash the power of the ultimate strength exercise through this proven full-body workout.

Contributor Bio

Steve Speirs is an accomplished marathon runner and trainer and runs the popular website hundredpushups.com.

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The Triathlete's Training Bible (5th Edition)

The World's Most Comprehensive Training Guide, 5th Edition

Joe Friel

Summary

***The Triathlete's Training Bible* is the bestselling and most comprehensive guide for aspiring and experienced triathletes, now updated to incorporate new training principles and the latest methodologies to help athletes train smarter than ever.**

Joe Friel is the most trusted coach in the world and his proven triathlon training program has helped hundreds of thousands find success in the sport of triathlon.

Joe has greatly updated this new Fifth Edition of *The Triathlete's Training Bible* to incorporate new training methods, especially on workout intensity, to help athletes train smarter and produce better results than ever.

The Triathlete's Training Bible equips triathletes of all abilities with every detail they must consider when planning a season, lining up a week of workouts, or preparing for race day.

With this new edition, Joe will guide you to develop your own personalized triathlon training program and:

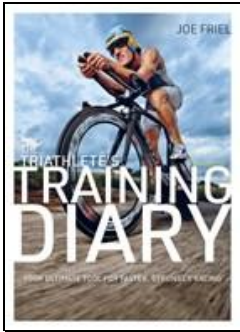
- Become a better swimmer, cyclist, and runner
- Train with the most effective intensity and volume
- Gain maximum fitness from every workout
- Make up for missed workouts and avoid overtraining...

Contributor Bio

Joe Friel is the most trusted endurance sports coach in the world. He is the best-selling author of *The Triathlete's Training Bible*, *The Cyclist's Training Bible*, *Fast After 50*, *Going Long*, *Your Best Triathlon*, *The Power Meter Handbook*, and *Your First Triathlon*.

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The Triathlete's Training Diary

Your Ultimate Tool for Faster, Stronger Racing, 2nd Ed.

Joe Friel

Summary

A perfect companion to any triathlon training program, *The Triathlete's Training Diary* offers an ideal way for you to plan, record, and better understand your workouts and performance.

With undated pages for use any time of the year, this diary offers plenty of space for all the objective and subjective performance metrics you might want to track in a smart format that's been carefully designed, tested, and refined by Joe Friel, the top coach in the sport of triathlon.

The Triathlete's Training Diary has a lay flat binding and flips easily so you can look up past workouts or settle your pre-race nerves by proving to yourself that you've done the work. This paper workout log is simple to use, never requires a login or password, and can be completely customized to meet your needs for any triathlon training schedule. This physical record of your workouts will reveal insights that don't display on an online dashboard.

Fully compatible with Joe Friel's best-selling training programs like *The Triathlete's Training Bible*, *Your First Triathlon*, *Going Long*, and *Your Best Triathlon*, this diary si...

Contributor Bio

With a masters degree in exercise science, **Joe Friel** was a marathoner and running coach throughout the 1970s and early 1980s. After his first triathlon in 1983 and falling in love with the sport he began coaching multisport athletes becoming one of the first triathlon coaches in the country. The following year he opened a triathlon store in Ft. Collins, Colorado—probably the first in the world. Throughout the 1980s his race management company organized several triathlons in Colorado. He left retail and race management in 1987 to focus on coaching. The athletes he coached for over 30 years ranged from novice to high-performance amateur to professional to Olympian. In 1997, he was a founding member of the USA Triathlon Coaches Association. He served as co-chair in 1999-2000. In 2000, he attended the Sydney Olympics to assist with team preparation. The following year he was the coach of team USA for the World Triathlon Championships. Throughout the 2000s

Running Rewired *(Revised)*

Reinvent Your Run for Stability, Strength, and Speed, 2nd Edition

Jay Dicharry

Summary

Become a stronger, faster, and more durable runner with a program created by America's leading endurance sports physical therapist—now updated to include the latest research and a new chapter to help runners combat common overuse injuries.

In this second edition of *Running Rewired*, Jay Dicharry distills cutting-edge biomechanical research into 16 workouts any runner can slot into their training program to begin seeing real results in as soon as 6 weeks.

For better or worse, your body drives your running form. *Running Rewired* will show you how to shed old injuries, mobility problems, weaknesses, and imbalances and rewire your body-brain movement patterns. You'll rebuild your dynamics and transform your running within one season.

The rebuilding process targets the four essential skills required for faster, safer running, Runners must practice quality movement as they build strength for their sport. In this new edition of *Running Rewired*, you'll find:

- 11 self-tests for joint mobility, posture stability, rotation, and alignment
- 80 exercises to fix blocks, move with precision, build strength, ...

Contributor Bio

Jay Dicharry is one of America's leading physical therapists and a board-certified Sports Clinical Specialist. His REP Lab is known for rebuilding injured endurance athletes through accurate diagnosis, education, and treatment.

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320 Pages
4-color throughout
Carton Qty: 20
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Training
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The Golf Bucket List
100 Ideas for Enjoying the Great Game of Golf
 Jeffrey Thoreson

Summary

Experience the glorious game of golf in a whole new way with this ultimate bucket list that spans the globe, for everyone who lives for their nine iron to the fan who loves watching The Masters played on TV.

Tired of playing the same eighteen holes every weekend? Then this book is for you. *The Golf Bucket List* will introduce you to new ways for you to enjoy the game of golf, from the 10 most unique golf experiences you should try, to the 10 knee-knocker tee shots you need to hit, to advice for how to play at the most exclusive U.S golf clubs.

As you learn unique facts about the game of golf, get ready to cross off ultimate bucket list items such as:

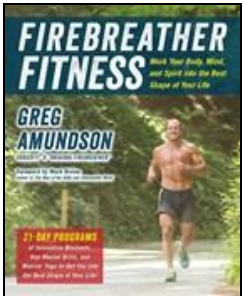
- Scoring a tee time at famous U.S. courses like Pebble Beach
- Attending championships like the Ryder Cup and The Masters
- Golfing at the world famous St. Andrews Old Course in Scotland
- Experiencing the world’s longest course across Australia
- Kicking back and hitting balls at Chelsea Piers in New York City
- Reading the best paeans to the sport on days you can’t make it to the course
- And so much more!

Whether your golf game is on par with the pros or you...

Contributor Bio

Jeff Thoreson is a publisher, editor, and writer who has written for numerous newspapers and magazines in his 40-year career. He was the founding editor of *The Washington Golf Monthly* and *GolfStyles* magazines and edited those publications for 25 years.

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Firebreather Fitness
Work Your Body, Mind, and Spirit into the Best Shape of Your Life
 Greg Amundson, T.J. Murphy, Mark Divine

Summary

Forge a powerful new path to fitness and health with Greg Amundson’s *Firebreather Fitness* program and get into the best shape of your life physically, mentally, and spiritually.

Former SWAT officer, DEA Special Agent, U.S. Army Captain, and founding CrossFit® athlete and coach, Greg Amundson is a globally recognized leader in functional fitness conditioning and anti-inflammatory foods and diet. Known as CrossFit’s® “original firebreather,” Amundson shares his secrets, advice, and experiences that helped him forge his *Firebreather Fitness*, a fitness program of body, mind, and spirit.

Amundson’s *Firebreather Fitness* program will help you align your physical, mental, and spiritual training so you can gain strength, unlock potential, and live a high-performance, super-healthy life. In *Firebreather Fitness* you will find:

- Integrated 21-day training programs that include innovative workouts, key mental drills, and warrior yoga to get you into top condition
- Performance standards that keep your workouts challenging and let you compete with athletes on your level
- More than 40 exercises with clear t...

Contributor Bio

Greg Amundson has traveled worldwide, teaching CrossFit® movement, theory, and application for over 20 years. He created and taught the CrossFit® Law Enforcement Application Course for several years and led the team that designed the National Tactical Officers Association (NTOA) SWAT PFQ. Greg holds master's degrees in theological studies and leadership and serves in federal law enforcement.

T.J. Murphy, NASM CPT, is a veteran journalist and editor who has coauthored two *New York Times* best

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Zinn & the Art of Road Bike Maintenance

The World's Best-Selling Bicycle Repair and Maintenance Guide, 6th Edition

Lennard Zinn

Summary

Join the millions of cyclists who swear by the name Zinn. Now in its sixth edition, *Zinn & the Art of Road Bike Maintenance* is the world's best-selling guide to bicycle repair and maintenance.

Lennard Zinn is the world's leading expert on bike maintenance and repair. From basic repairs like how to fix a flat tire to advanced overhauls of drivetrains and brakes, his illustrated, step-by-step guide explains the tools you'll need and how to know you've done the job right.

This book's interior is easy to read, even in a dimly lit garage or workshop. Hundreds of hand-drawn illustrations and exploded parts diagrams show just the right level of detail to lead you through every bicycle repair task. In over 450 pages, Zinn's guide includes simple instructions for hundreds of bike maintenance and repair jobs, including:

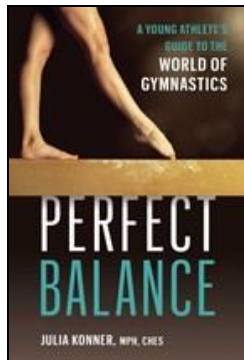
- Basics: How to fix a flat tire, lube a bicycle chain, adjust the brakes
- Emergency repairs: How to fix a broken chain, tighten loose spokes, repair a bent derailleur
- Easy shifting: How to adjust shifters, derailleurs, and cables for clean and smooth shifting
- Wheels: How to true a wheel...

Contributor Bio

Lennard Zinn was a member of the US national cycling team and is a lifelong endurance athlete. He has reported on major stories for *VeloNews* for 30 years and is the author of the world's best-selling guide to bicycle maintenance and repair. Zinn has a degree in physics and has built custom bicycles for over 30 years.

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Trade Paperback

520 Pages
Over 750 illustrations throughout
Carton Qty: 8
Sports & Recreation / Cycling
SPO011000



Perfect Balance

A Young Athlete's Guide to the World of Gymnastics

Julia Konner

Summary

Become a stronger, more informed gymnast with this practical guide for young athletes, filled with unique insights, advice, tips, strategies and more intended for young gymnasts who want to feel heard and understood in one of the toughest, most competitive sports.

Gymnastics is one of the fastest growing sports, particularly for young girls. Yet despite its popularity, many young athletes quit before they reach high school age due to the physical and mental demands.

In *Perfect Balance*, multiple award-winning former gymnast and mentor to young gymnasts Julia Konner helps young athletes navigate their relationship with gymnastics. With a mix of objective advice, personal stories from the author's years as a gymnast, anecdotes of other gymnasts, and additional insights from a coach's perspective, *Perfect Balance* will be an invaluable, real-life guide for these young athletes participating in one of the most intense sports out there. Inside this book, young athletes will find:

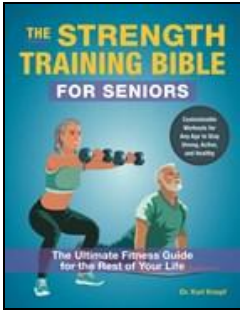
- Practical tips for strength building
- Strategies for developing mental toughness
- Advice on dealing with body dysmorphia...

Contributor Bio

Julia Konner, MPH, is a former collegiate Division 1 student-athlete and coach with more than 16 years of competing as an artistic gymnast. Through her many years as a club athlete, collegiate athlete, and team captain, she has faced her own adversities through injuries, body image issues, and ways that the time requirements of training 30+ hours/week impacted her social life. Over the years she has helped countless young and college-aged athletes navigate the complicated, arduous, and time-consuming sport of gymnastics. Through her personal experience and intricate knowledge of the sport, Konner provides evidence-based advice for young gymnasts at every level and continues to mentor young gymnasts and collegiate student-

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168 Pages
20 b&w photographs
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The Strength Training Bible for Seniors

The Ultimate Fitness Guide for the Rest of Your Life

Karl Knopf

Summary

Stay strong. Stay active. Stay healthy. "It's never too late to lift weights: Older bodies can still build muscle" (*Washington Post*). *The Strength Training Bible for Seniors* is the only book you need to be fit and feel young in your fifties and beyond.

Science shows us that an active lifestyle helps us flourish and is one of the keys to a long life. Strength training—whether in your core, arms, legs, or back—is an essential component of a fitness routine regardless of your age. *The Strength Training Bible for Seniors* covers all your workout needs: stretching, core strength, weight and resistance training, and kettlebell workouts to help you build muscle, tone your body, be flexible, and be your best.

The Strength Training Bible for Seniors presents functional exercises carefully adapted and tested to provide comprehensive and customizable total-body workouts for people 50 years and older. Step-by-step photos and explanatory captions make it easy for anyone from the fitness novice to the lifetime athlete to train smart and stay fit for life. These progressive programs provide everything...

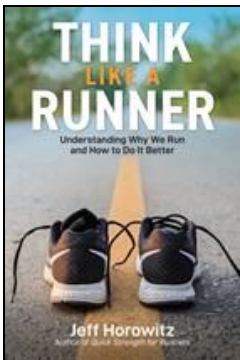
Contributor Bio

Dr. Karl Knopf has been involved in the health and fitness of older adults and the disabled for more than 40 years. During this time he has worked in almost every aspect of the industry, from personal training and therapy to consultation.

While at Foothill College, Karl was the coordinator of the Adaptive Fitness Technician Program and Lifelong Learning Institute. He taught disabled students and undergraduates about corrective exercise. In addition to teaching, Karl developed the "Fitness Educators of Older Adults Association" to guide trainers of older adults. Currently, Karl is a director at the International Sports Science Association and is on the advisory board of PBS's *Sit and Be Fit* show.

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black & white photographs
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Think Like a Runner

Understanding Why We Run and How to Do It Better

Jeff Horowitz

Summary

Run faster. Run farther. Run better. Discover exactly what it is that makes you a runner and improve your running technique with this practical guide packed with friendly advice, anecdotes, tips, and more.

We all decide to run for different reasons, whether it's to lose weight, improve health, or deal with stress in everyday life. But what is it that keeps you motivated to run, train, and race day after day? Professional runner and running coach Jeff Horowitz aims to answer this question in *Think Like a Runner*.

When you're just past mile 22 of a marathon and looking down the barrel of four more miserable miles of running until you can finally cross the finish line, it's not the science that keeps you going; it's something mental. Alongside insights into the mental journey all runners take in starting and sticking with this sport, you'll discover practical tips to help improve your running, including:

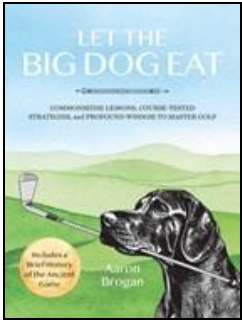
- Establishing your running tribe
- Finding the running gear every runner needs
- Setting training and racing goals
- Recognizing the onset of injuries
- Preparing your mind to get in the game
- Adjusting y...

Contributor Bio

Jeff Horowitz is a certified running, cycling, and triathlon coach and a personal trainer who has run more than 200 marathons and ultramarathons across six continents. Formerly an attorney, he quit law to pursue his passion for endurance sports. He currently teaches running at the George Washington University and works with runners from ages 14 through 80. Horowitz is the author of *Quick Strength for Runners*, *Smart Marathon*

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Let the Big Dog Eat

Commonsense Lessons, Course-Tested Strategies, and Profound Wisdom to Master Golf

Aaron Brogan

Summary

Take your best shot at improving your golf game with this humorous yet practical guide for players of all skill levels.

Looking to take your golf game to the next level? In *Let the Big Dog Eat*, author and avid golfer Aaron Brogan perfectly blends entertaining anecdotes from his life growing up as a competitive golfer in Maine with the actionable lessons he has learned in all aspects of the game.

Alongside practical tips and tricks to help you be successful on the course, Brogan introduces you to everything from the history of this ancient game to the unwritten rules of golf, all with a cheeky and sardonic tone that is sure to entertain as much as it does inform. Having this knowledge builds the perfect foundation for tackling the fundamentals of playing golf, including Brogan's tried-and-true methods for:

- Perfecting your swing
- Choosing the right club for every situation
- Mastering the art of chipping
- Setting up a successful putt
- Improving your scoring skills
- And so much more!

Whether the course is your second home or you've just discovered what a driver is, *Let the Big Dog Eat* will be your fri...

Contributor Bio

Aaron Brogan is an attorney living in New York. His professional practice focuses on the regulation of

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