

- **For the Group Exercise Instructor Credential (CGxl)**

- Armbruster, C. (2009). *Methods of Group Exercise* (2<sup>nd</sup> Edition). Champaign, IL: Human Kinetics.
- Baechle, T.R. & Groves, B.R. (1992). *Weight Training: Steps to Success*. Champaign, IL: Leisure Press.
- Bompa & Tudor (1999). *Periodization: Theory and Methodology of Training* (4<sup>th</sup> Edition). Champaign, IL: Human Kinetics.
- Brewer, C. (2008). *Strength and conditioning for sport: A practical guide for coaches*. Leeds, UK: National Coaching Foundation.
- Brooks, G.A. & Fahey, T.D. (1986). *Exercise Physiology: Human Bioenergetics and It's Application*. New York, NY: John Wiley & Sons.
- Brown, L.E. & Ferrigno, V.A. (2005). *Training for speed, agility, and quickness* (2<sup>nd</sup> Edition). Champaign, IL: Human Kinetics.
- Chu, D.A. (1992). *Jumping into Plyometrics*. Champaign, IL: Leisure Press.
- Contreras, B. (2013). *Bodyweight Strength Training Anatomy* (1<sup>st</sup> Edition). Champaign, IL: Human Kinetics.
- Dawes, J. (2017). *Complete Guide to TRX Suspension Training*. Champaign, IL: Human Kinetics.
- DeCurtins, J. (2015). *Ultimate Plank Fitness: For a Strong Core, Killer Abs- And a Killer Body* (1<sup>st</sup> Edition). Beverly, MA: Fair Winds Press.
- Feldenkrais, M. (1984). *The Master Moves*. Capitola, CA: Meta Publications.
- Fleck, S. & Kramer, W. (1997). *Designing Resistance Training Programs*. Champaign, IL: Human Kinetics.
- Girard, J. (1989). *How To Close Every Sale*. New York, NY: Warner Books.
- Gray, H. (1974). *Gray's Anatomy*. Philadelphia, PN: Running Press.
- Guyton, A.C. (1979). *Physiology of the Human Body* (5<sup>th</sup> Edition). Philadelphia, PN: W.B. Saunders Co Ltd.
- Hancox, J.E., Quested, E., Thøgersen-Ntoumani, C. & Ntoumanis, N. (2015). An intervention to train group exercise class instructors to adopt a motivationally adaptive communication style: a quasi-experimental study protocol. *Health Psychology and Behavioral Medicine* (pp. 190-203). Abingdon, UK: Taylor & Francis.
- Leung, K. & Chou, L. (2015). *Suspended Bodyweight Training: Workout Programs for Total-Body Fitness*. Berkeley, CA: Ulysses Press.
- Liebman, H. (2017). *1,500 Stretches: The Complete Guide to Flexibility and Movement*. New York, NY: Black Dog & Leventhal Publishers.
- McArdle, W.D., Katch, F.I. & Katch, V.L. (2004). *Exercise Physiology* (9<sup>th</sup> Edition). Philadelphia, PN: Lippincott Williams & Wilkins.
- McGinnis, P.M. (2005). *Biomechanics of Sport and Exercise* (2<sup>nd</sup> Edition). Champaign, IL: Human Kinetics.
- Muscle and Fitness (2001). *101 Strength Training Workouts & Strategies*. Chicago, IL: Triumph Books.

- Netter, F. (1989). *Atlas of Human Anatomy*. Summit, NJ: Ciba Pharmaceuticals Division, Ciba- Geigy Corporation.
- Norkin, C.C. & Levangie, P.K. (1992). *Joint Structure and Function* (2<sup>nd</sup> Edition). Philadelphia, PN: F.A. Davis Company.
- Oliver, A. (2016). *The Trainer's Big Book of Bookcamps: Ready-Made Workouts for Your Bootcamp or Group Fitness Classic* (1<sup>st</sup> Edition). CreateSpace Independent Publishing Platform.
- Pagano, J. (2013). *Strength Training Exercises for Women* (1<sup>st</sup> Edition). DK Publishing.
- Platero, John J. *The Power of Personal Training*. Ontario, CA, The National Council for Certified Personal Trainers, 2009
- Rey, N. (2013). *100 Non-Equipment Workouts Vol. 1: Fitness Routines You Can Do Anywhere, Any Time*. New Line Publishing.
- Rowland, T.W. (1996). *Developmental Exercise Physiology*. Champaign, IL: Human Kinetics.
- Stanhope, S.J. (1987). Interactions between the Anterior Abdominal Wall Musculature of Athletes. *Biomechanics in Sports III & IV*. Del Mar, CA: Eds J Terauds, L Holt, B Gowitzke Academic Publishers.
- Whitmarsh, C. (2006). *101 Ways to Work Out with Weights: Effective Exercises to Sculpt Your Body and Burn Fat*. Beverly, MA: Fair Winds Press.