



Resistance Training in New York City High Schools (Paperback)

By Margarita Lopez

Createspace, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.A textbook/workbook for High School students. Includes worksheets for students. Complete descriptions of all exercises with pictures. Instructions on how to create an entire workout. A real book for real New York City High School Physical Educators, created by a real New York City Physical Educator. Best plan to teach NYC high school students. Inexpensive, space saving, and easily transportable and able to perform almost anywhere. You can use this book to design a single unit or an entire course. New and best plans for Physical Education in New York City.



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