



## References

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Sarnataro, Russi, Barbara. (2009): “ *Most Effective Exercises*”, WebMD

Darrow, D. Mark. M.D.,(1999): Ordering and Understanding the Exercise Stress Test, *Am Fam Physician*, 15;59(2):401-410.

### LINKS:

<https://www.betterhealth.vic.gov.au/health/healthyliving/physical-activity-choosing-the-one-for-you>

<https://breakingmuscle.com/learn/5-things-to-consider-when-starting-a-new-training-program>

<http://www.shape.com/fitness/workouts/fix-your-exercise-form-better-results>

<https://www.betterhealth.vic.gov.au/health/healthyliving/physical-activity-choosing-the-one-for-you>

<http://www.health.harvard.edu/healthbeat/tips-for-choosing-the-right-exercise-equipment>