



References

Menno Henselmans, (2012), *"7 Principles of Exercise Selection"*, T NATION.

Barbara Russi Sarnataro, (2009), *"7 Most Effective Exercises"*, WebMD

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

C. Barbour, N.H. Barbour, P.A. Scully, (2008), *"Excerpt from Families, Schools, and Communities: Building Partnerships for Educating Children"*, by edition, p. 41-43.

Edmund G. Brown, Jr , (2011), *" A History of Policies and Forces Shaping California Teacher Credentialing Sacramento"*, California. Governor of California.

LINKED

<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>