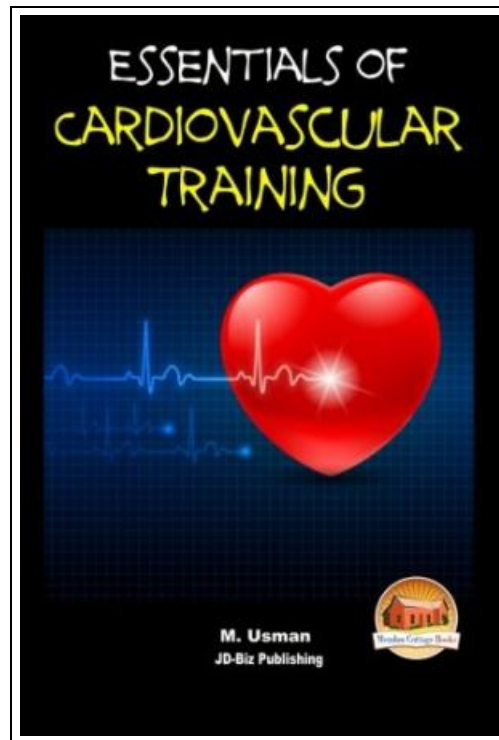


## Essentials of Cardiovascular Training



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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Table of Contents Preface Getting Started Chapter # 1: Introduction Chapter # 2: Benefits and Risks Chapter # 3: How Much? Optimum Program Chapter # 1: Introduction Chapter # 2: Putting Everything Together Chapter # 3: The Individual Target Heart Rate Chapter # 4: The Program Conclusion References Author Bio Preface Diseases associated with the cardiovascular system are one of the leading causes of mortality in the US. They account for almost 50 percent of all the recorded deaths that occur every year and moreover, affect the lives of 14 million people. This number includes those with chest pain, known as angina pectoris, as well as people who have defects in their hearts which result in ineffective pumping of the blood. This ultimately leads to the tissues getting inadequate blood. Almost 1.5 million Americans suffer from heart attacks each year and approximately 1/3rd of these perish. Each year almost 700,000 patients who have heart disease, choose the surgery option and undergo by-pass surgery to recover from their condition. It must be pondered over that surgery is not the answer to every disease, especially this one. There are a lot of other options that can naturally do the same job, and one of these options is cardio training. The book will enlighten you about the whole concept of cardiovascular training and how it benefits the body. Plus, it packs a training program which can help you enormously if you are a person who plans to get better cardiovascular health. The next section will deal with the importance of cardiovascular training.



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