

Mp3 Tom Holland's Cardio Workouts To Go - Rock: Instrumental Rock

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Two great workouts for almost any type of cardio. Coached by renowned fitness expert and exercise physiologist Tom Holland, MS, CSCS. Guided workouts for the elliptical trainer, treadmill, stationary bike, Stairmaster and many more. Indoors or outdoors, no 6 MP3 Songs ROCK: Instrumental Rock, SPOKEN WORD: Instructional Details: Tom Holland is an exercise physiologist committed to helping people better their lives through fitness and through the positive message of "Believe in Yourself." Tom has encouraged and coached thousands of people to reach their fitness goals; from losing weight to climbing mountains, running marathons and completing Ironman triathlons. He received his BA in Communications from Boston College and his Master's Degree in Exercise Science and Sports Psychology from Southern Connecticut State University. Tom is a Certified Strength and Conditioning Specialist certified by the National Strength and Conditioning Association [NSCA-CSCS] and has also been certified by the American College of Sports Medicine [ACSM] the American Council on Exercise [ACE], the National Academy of Sports Medicine [NASM] and the Aerobics and Fitness Association of America [AFAA]. He began as a personal trainer and fitness instructor in New York City, working at such facilities as the Reebok Sports Club, Equinox, Crunch, The New York Sports Clubs and the Cardio Fitness Center. He then struck out on his own, founding TeamHolland LLC and expanding into new areas of the fitness industry. A competitive athlete himself, Tom has run over 50 marathons and ultra marathons and is a Boston Marathon qualifier. Some notable races include the "Run to the Sun" ultra marathon, a 36-mile run from sea level to the 10,023 foot summit of Haleakala on the island of Maui, the JFK 50-mile ultra marathon and the Escape From Alcatraz Triathlon. He is a 14-time Ironman Triathlete, having competed in Ironman Malaysia, South Korea, New Zealand, Australia, Germany, Florida, Arizona, Lake Placid and California. He is currently a member of the 2006-2007 PowerBar Team Elite. Tom designed and stars in the fitness videos Tom Holland's Total Body Workout, Tom Holland's Total Body Workout II Tom Holland's Total Ab Workouts. He is the author of The 12-Week Triathlete: Train for a Triathlon in Just Three Months and The Marathon Method, published by Fair Winds Press. Tom writes for various media

and has been published in such magazines as SELF, FIT, Inside Triathlon, Running Times and the Journal of the American Athletic Association. He has appeared as a fitness expert on CNN Headline News and Good Morning America. Tom lectures on various fitness topics and has presented for such organizations as the Gatorade Sports Science Institute, The American Medical Athletic Association and the Marine Corps Marathon. He also serves as a regular fitness consultant for SELF Magazine and has contributed to media including Men's Health, Newsweek, Men's Fitness, Fitness, Hers, More, and Womens Health, and is a member of the advisory board for Oxygen Magazine. Tom also launched the TeamHolland fitness clothing line in 2006. For more information and products from Tom Holland please visit teamholland.com.

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