

The Aerobics Way New Data On The World S Most Popular Exercise Program.pdf

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[Kenneth H. Cooper - Wikipedia](#)

Wed, 10 Oct 2018 20:29:00 GMT

Kenneth H. Cooper (born March 4, 1931, Oklahoma City) is a doctor of medicine and former Air Force Colonel from Oklahoma, who introduced the concept of aerobics. He is the author of the 1968 book *Aerobics*, which emphasized a point system for improving the cardiovascular system. The popular mass market version was *The New Aerobics* (ISBN 0-553-26874-0), published a few years later.

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Pilates (/p ɪ l ɪ t ɪ z /; German: [piˈlɑːtʰs]) is a physical fitness system developed in the early 20th century by Joseph Pilates, after whom it was named. Pilates called his method "Contrology". It is practiced worldwide, especially in Western countries such as Canada, the United States and the United Kingdom. As of 2005, there were 11 million people practicing the discipline ...

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