

## Essentials of Cardiovascular Training

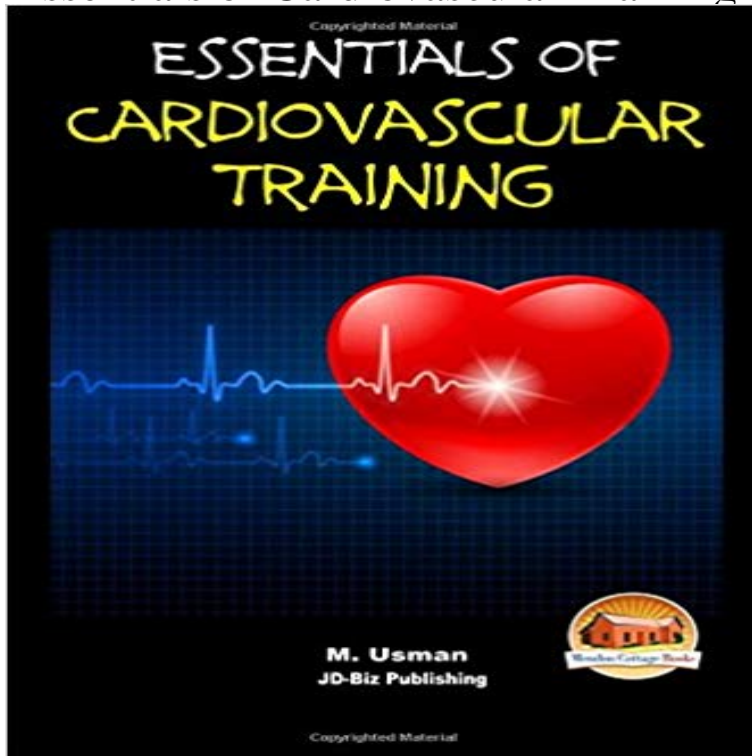


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Much? Optimum Program Chapter # 1:  
Introduction Chapter # 2: Putting  
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Author Bio Preface Diseases associated  
with the cardiovascular system are one of  
the leading causes of mortality in the 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're a person who plans to get better  
cardiovascular health. The next section  
will deal with the importance of  
cardiovascular training.

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