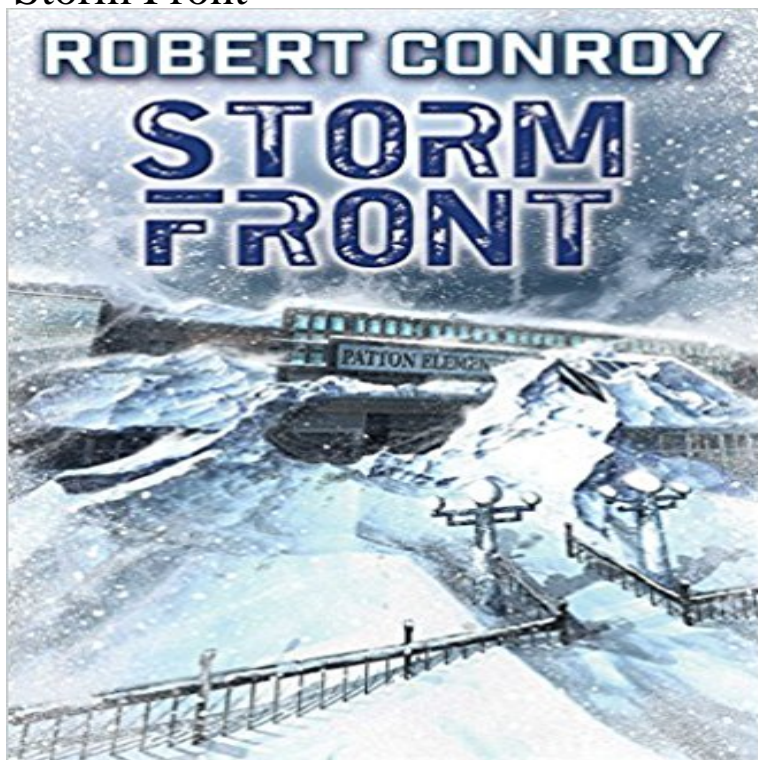


Storm Front



NATIONALLY BEST-SELLING AUTHOR. A snow storm of epic proportions shuts down the town of Sheridan, Michigan. The weather is dangerous enough on its own. But the bad weather has blown something even deadlier into town, and a duo of sadistic killers is on the loose. No one thought much about the storm. Not the National Weather Service and not the big-name meteorologists. Experienced local weatherman Wally Wellman thought there might be trouble, but even he couldn't predict the natural disaster that was about to lay siege to the quiet suburb of Sheridan, Michigan. Now, with resources stretched to their breaking point, Sheridan police officer Mike Stuart must try to keep the town safe. But there something is lurking in Sheridan. Something as cold as the snow and ice, and just as deadly. A pair of escaped convicts, on the run south, have been stranded in town. But they don't plan on laying low. And as the death toll rises, Officer Stuart must face down enemies far more dangerous and unpredictable than any storm. Robert Conroy's *Rising Sun*: Conroy extrapolates a new and militarily plausible direction for WWII . . . A thrilling adventure. *Booklist* About Robert Conroy's *Himmler's War*: [Conroy] adds a personal touch to alternate history by describing events through the eyes of fictional characters serving on the front lines. VERDICT: Historical accuracy in the midst of creative speculation makes this piece of alternate history believable. *Library Journal* About *Red Inferno: 1945* An ensemble cast of fictional characters. . . and historical figures powers the meticulously researched story line with diverse accounts of the horrors of war, making this an appealing read for fans of history and alternate history alike. *Publishers Weekly* [E]ngrossing and grimly plausible. . . the suspense holds up literally to the last page. *Booklist* About *1945: moving and*

thought-provoking. . . Publishers WeeklyRealistic. . . BooklistAbout 1942:. . . fans of Tom Clancy and Agent Jack Bauer should find a lot to like here.Publishers WeeklyA significant writer of alternate history turns here to the popular topic of Pearl Harbor, producing. . . this rousing historical action tale.BooklistA high-explosive what-if, with full-blooded characters.John Birmingham, bestselling author of Without WarningAbout 1901:. . . cleverly conceived. . . Conroy tells a solid what-if historical.Publishers Weekly. . . likely to please both military history and alternative history buffs.Booklist

Skip to content Fitness & Diet Experts Exercise & Nutrition Matters! Menu Home About Us Terms and Conditions Privacy Policy Contact Us Personal Trainers & Bodybuilding Choosing a Personal Trainer(Personal Trainers & Bodybuilding) Why a trainer might be appropriate for you Selecting a personal trainer may be a step in the direction that is right if you desire to lose weight, get healthy and/or build muscle. A great coach can assist you to set up a plan that meets your aims and educate you the greatest way to exercise. Finding and selecting a trainer may be daunting a bit confusing and, for some. It is challenging going in with extra information about how fitness works can allow it to be a little simpler, although requesting assistance. (Personal Trainers) What is a Personal Trainer? A personal trainer should be, at the very least, educated and certified through a recognised fitness organization (see below). This individual's job will be to assess your level of fitness, figure out what your aims are (or help you establish targets) create a plan and keep you motivated. She or he will push you beyond your comfort level — something tough to do by yourself. A trainer additionally provides: 1. Guidance on achieving your goals 2. Instruction about fundamental nutrition, cardio and bodybuilding 3. Each week a reason to appear at the gym 4. Accountability 5. Methods to assist monitor your improvement What is a Program Like? Each session typically lasts about an hour. The first meeting is dedicated to assessing body measurements, fitness level, health and workout background and goals. Be ready to step on the scale, have your body fat measured and answer questions that were particular about your goals. After this, you'll spend each session performing cardiovascular exercise, weight-training, flexibility or other activities depending on what your aims are. Your trainer will show you give you tips for getting the most out of each workout, enable you to determine how much weight to use and just how to do the exercises. What to try to find In a Personal Trainer 1. Education: A personal trainer should be accredited through a recognised personal training organization. The more education your trainer has, the better your workouts will be, although a workout science or other related college degree isn't crucial. 2. CPR: your coach should have an updated qualification in CPR and/or firstaid. 3. Experience: Make sure your trainer has expertise, particularly with regards to your goals. As an example, if you are a bodybuilder, you want some body educated in that area. 4. Details: If you've got a particular clinical issue, injury or illness (such as being pregnant, difficulty becoming pregnant, heart troubles, diabetes, etc.) ensure your trainer has education in these fields and communicate with your doctor. 5. A good-listener: A good trainer ensure he comprehends your aims and should listen carefully to what you say. 6. Attention: A good trainer should be targeted only during your sessions on you. 7. Monitoring improvement: A great coach will often assess your progress and alter things if necessary.

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