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This Handbook offers an unparalleled view of wireless personal area networking technologies and their associated protocols. It lifts the lid on their growing adoption within the consumer electronics, home automation, sports, health and well-being markets. Bluetooth low energy, ZigBee, EnOcean and ANT+ are comprehensively covered, along with other WPAN technologies including NFC, Wi-Fi, Bluetooth classic and high speed, and WHDI. It also features 802.11ac, the Internet of Things, Wireless USB, WiGig and WirelessHD. The Handbook shows how white

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space radio, cellular and Femtocells have inadvertently blurred the boundaries between personal and wide area communications, creating disruptive topologies through technology convergence. It explores how pervasive WAN technologies have spawned a new generation of consumers through the Lawnmower Man Effect and explains how our personal space has become integral to social media streams, including Twitter, Facebook and Pinterest. An essential read for students, software engineers and developers, product planners, technical marketers and analysts.

The Women's Guide to Triathlon presents female-specific training, techniques, and equipment for triathlon. Guided by the USAT

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Women's Committee, whose goal is to encourage women's participation in the sport, 20 of the sport's top female coaches and athletes offer their winning advice.

Sports fitness training is all about developing physical conditions to improve sports performance and skills. Sports training programs can help to improve strength flexibility and stamina to improve performance in specific sports. Options include increasing arm strength for tennis playing or improve strength and core stability providing better balance playing golf. Today's athletes are breaking records that many thought were untouchable-in large part due to the major advances in sports training. There are several universally accepted scientific training principles that must be followed in

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order to improve sports conditioning and performance. Because every athlete is different, each person's response to exercise will vary. This book provides the very best information and insights on sports fitness training. It combines explanations of modern methods with sample training programs, workouts and drills for successful application. The state-of-the art training prescriptions presented in this book will lead the way to the future of athletic strength and conditioning. It will be very helpful to anyone looking to do any kind of training for sports or even for general conditioning. This is a complete training book which is the equivalent of a personal coach, trainer, and sports medicine doctor in one volume with Illustrations.

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Big Data is made up of lots of little data: numbers entered into cell phones, addresses entered into GPS devices, visits to websites, and any other activity that leaves a digital trail. Never before has it been easier to collect so much daily data about ourselves. In this BIT, Nathan Eagle and Kate Greene explore the ways in which an individual's data can be collected and logged -- from a tacit, everyday interaction with a mobile phone to more purposeful digital announcements like status updates -- and the privacy considerations that individuals, entrepreneurs, and big businesses need to keep in mind when collecting and analyzing the data.

Winner of the 2015 Running Awards, voted Best Book 2015. In October 2012, over 1000 people applied to

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take part in a university research study to assess how normal, recreationally active people cope with the demands of training for their first IRON distance triathlon a 3.8km swim, followed by 180km of cycling and finishing with the mere matter of a 42.2km marathon run. This book is a collection of the tales from the people within the team affectionately known as the HURTS team, an acronym for 'Hertfordshire University Research Triathlon Study'. Their individual goal was to inspire others to dream big and to live out those dreams, whether it be a triathlon or not. However, as a cohort, they wished to raise awareness and funds to help find a cure for Duchenne Muscular Dystrophy, a debilitating and fatal disorder. Their collective goal was to support Harrison's Fund, set up in 2012 to support breakthrough

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research leading to positive interventions and ultimately a cure for muscular dystrophy worldwide.

Triathlon – It HURTS is an inspiring story of what normal people can achieve when challenged. This book will appeal to those looking to learn more about the successes and harsh realities of training for a triathlon, as well as those who want an uplifting story of human achievement. “A wonderful book of inspiration from those who participate in the triathlon ... I found this book giving me hope”
Jamie Chases Butterflies blog

Spain is on the brink of economic collapse and European banks demand that any bailout be linked to harsh domestic changes. An alliance of Islamic bankers counters with a rescue package containing no conditions at

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all. The underlying goal: to break the unity of Europe and put Madrid on the path back to Islamic rule. When the United States stridently opposes that deal, terrorists storm the American consulate in Barcelona and slaughter an entire six-man U.S. Marine security guard. Washington decides the time has come to change the rules of counter-terrorism response, and instead of going after the individual hired gunmen, it unleashes black operations team Task Force Trident to take down the high-ranking financiers known as the Group of Six who were really responsible for the slaughter. Gunnery Sergeant Kyle Swanson, one of the world's best snipers, and his beautiful sidekick Beth Ledford, go on the attack, and bodies fall from Mallorca to Madrid. Meanwhile, Algerian mastermind Yanis Rebiane

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puts pressure on Spain to decide before the Group of Six cracks, while his killing-machine son, Djahid roams the United States, murdering anyone his father deems a threat to the radical Islamic takeover scheme. Once Swanson's name is unearthed from secret files, Kyle and Djahid become hunter and prey. In *On Scope* by Jack Coughlin and Donald A. Davis, one shot will decide the future of Spain, NATO, and the European Union.

Transform your technique in the water and become a better swimmer with this remarkable new approach to freestyle swimming, suitable for all levels - beginner, intermediate and advanced, as well as swimming coaches. Aimed at both fitness and competitive swimmers, it explains what makes a successful stroke and how to

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develop your own swimming style. The Swim Smooth approach, developed by consultants to the gold medal winning British Triathlon team, helps you identify the strengths and weaknesses of your stroke and provides drill and training tips to make the most of your time in the water. It accepts differences in individual swimmers and shows you how to understand the fundamentals of swimming to find a style that works for you. Technique, fitness training, racing skills and open water swimming are all covered, with photographs and 3D graphics helping you to put theory into practice. Swim efficiently. Swim fast. Swim Smooth.

W ksi??ce szczegó?owo zosta?
omówiony trening na basenie, techniki
stylu dowolnego i specjalistyczny

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trening w wodach otwartych dla ka?dej kategorii dystansowej. W ksi??ce zosta?y zawarte tak?e informacje, jaki sprz?t i wyposa?enie pomog? ci osi?gn?? sukces – co przyda si? w p?ywaniu solo, a co podczas zawodów. Znajdziesz tu równie? sporo informacji o logistyce, przygotowaniu fizycznym i psychicznym na rok, miesi?c i dzie? przed zawodami. Zdyscyplinowany trening z czasem przyniesie efekty nie tylko w postaci coraz lepszych warunków fizycznych, lecz tak?e pewno?? siebie, która pozwoli ci w pe?ni wykorzysta? twój potencja?. P?ywanie w wodach otwartych Stevena Munatonesa to praktyczny poradnik, który jest w stanie rozbudzi? pasje. Zawiera wa?ne wskazówki pokazuj?ce, na czym si? koncentrowa?, uprawiaj?c ten sport. Dzi?ki lekturze dowiadujemy si?, ?e w

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pływaniu istnieje coś więcej niż pół godziny na basenie dwa razy w tygodniu, powtarzane mechanicznie ruchy rąk i nóg. Pływanie to ciężkie pokonywanie własnych barier i ograniczeń. Działanie mimo strachu przed szkwałami, meduzami, falami, glonami, zanieczyszczeniami. Hartowanie ducha i ciała. To nie tylko rywalizacja, ale też wolność, harmonia i spokój.

SAGGIO (296 pagine) -
TECNOLOGIA - Tecnologie
indossabili e rivoluzione tecnologica
prossima ventura. Un e-book di facile
lettura e consultazione per un viaggio
attraverso i numerosi prodotti
tecnologici indossabili già disponibili
come occhiali e orologi intelligenti,
braccialetti e strumenti per il
benessere fisico, abiti e gioielli

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tecnologici dotati di sensori e RFID, e i molti altri, futuristici e rivoluzionari, che arriveranno. Siamo all'inizio di una rivoluzione che porterà alla trasformazione dell'essere umano in cyborg. Un "homo technologicus" composto da carne e liquidi e da componenti tecnologici e digitali, oggi indossabili e trasportabili come protesi esterne nella forma di smartphone, braccialetti, orologi e occhiali intelligenti, domani integrati con il nostro corpo fino a renderlo esso stesso macchina tecnologica. Tecnologie dell'informazione, nanotecnologie, biotecnologie e nuove tecnologie dei materiali hanno già oggi il potere di produrre effetti globali capaci di cambiare il nostro modo di vivere, di comunicare e di interagire, di gestire il nostro tempo libero e di lavorare. Le tecnologie indossabili

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sono la prima esemplificazione concreta delle numerose rivoluzioni tecnologiche che daranno forma al nostro futuro condizionandone la dimensione personale (stili di vita), comportamentale (mondi virtuali), sociale (modi di relazionarsi e interagire), economica, lavorativa e politica. Sembra tutto molto futuribile e difficile da immaginare, ma la tecnologia continua la sua evoluzione trasformando cose, realtà, spazi e gli stessi esseri umani. Come scriveva Negroponte negli anni 90', presto lo smartphone sarà sottopelle, nella forma di semplici componenti elettronici. La batteria potrà essere ricaricata correndo, anche rimanendo fermi! Già oggi disponiamo di oggetti tecnologici che hanno trasformato il modo in cui interveniamo sulla realtà. Le nuove generazioni di prodotti

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tecnologici saranno indossati, integrati nei nostri corpi, virtualmente invisibili e sempre più... umani. L'e-book racconta perché. Dirigente d'azienda, filosofo e tecnologo, Carlo Mazzucchelli è il fondatore del progetto editoriale SoloTablet dedicato alle nuove tecnologie e ai loro effetti sulla vita individuale, sociale e professionale delle persone. Esperto di marketing, comunicazione e management, ha operato in ruoli manageriali e dirigenziali in aziende italiane e multinazionali. Focalizzato da sempre sull'innovazione ha implementato numerosi programmi finalizzati al cambiamento, ad incrementare l'efficacia dell'attività commerciale, il valore del capitale relazionale dell'azienda e la fidelizzazione della clientela attraverso l'utilizzo di tecnologie all'avanguardia e

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approcci innovativi. Giornalista e writer, communication manager e storyteller, autore di e-book, formatore e oratore in meeting, seminari e convegni. È esperto di Internet, social network e ambienti collaborativi in rete e di strumenti di analisi delle reti social, abile networker, costruttore e gestore di comunità professionali e tematiche online.

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