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Workouts, Routines, Profiles and Music Ideas for Your Next Jump or Lift Drill for Indoor Cycling. Jumps. That word in the indoor cycling and spinning world has become so polarized and politicized by the various "camps" that you dare not even bring it up! And that is itself is sad. Lots of finger wagging.

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In the circular building housing the training center's centrifuge, a 300-ton arm spins cosmonauts around an 18-meter radius until the force of gravity acting on their bodies is multiplied up to ...

In contemporary North America, figure skating ranks among the most 'feminine' of sports and few boys take it up for fear of being labelled effeminate or gay. Yet figure skating was once an exclusively male pastime - women did not skate in significant numbers until the late 1800s, at least a century after the founding of the first skating club. Only in the 1930s did figure skating begin to acquire its feminine image. Artistic Impressions is the first history to trace figure skating's striking transformation from gentlemen's art to 'girls' sport.' With a focus on masculinity, Mary Louise Adams examines how skating's evolving gender identity has been reflected on the ice and in the media, looking at rules, technique, and style and at ongoing debates about the place of 'art' in sport. Uncovering the little known history of skating, Artistic Impressions shows how ideas about sport, gender, and sexuality have combined to limit the forms of physical expression available to men.

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Boys' Life is the official youth magazine for the Boy Scouts of America. Published since 1911, it contains a proven mix of news, nature, sports, history, fiction, science, comics, and Scouting.

A fictional true to life-like love story which captures the exciting action of the Rodeo world. A heart warming story of two contestants whose lives are entwined and changed by the events involving the pregnancy of a girl Barrel Racing Champion, a \$10,000 prize winning Saddle Bronc ride by a has-been cowboy, and the rescue of a crippled Champion Bucking horse. This Rodeo adventure occurring during the revival of an eight year old broken romance in which an undefeated Champion Bucking Horse named Black Spider plays a major role. Excitement, drama, intrigue, and human interest.Ride with Jim as he explodes outta the chute on the Killer Bucking Horse "Texas White Lightning" and crashes to the ground with the Pick-up man where White Lightning turns and attacks to kill his tormentors. Share Bet's joy and happiness as she gives the ol'Bucking Horse 'Black Spider, the only kiss he ever received.

The oldest and most respected martial arts title in the industry, this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self-defense in the world - including techniques and strategies. In addition, Black Belt produces and markets over 75 martial arts-oriented books and videos including many about the works of Bruce Lee, the best-known marital arts figure in the world.

From the concert stage to the dressing room, from the recording studio to the digital realm, SPIN surveys the modern musical landscape and the culture around it with authoritative reporting, provocative interviews, and a discerning critical ear. With dynamic photography, bold graphic design, and informed irreverence, the pages of SPIN pulsate with the energy of today's most innovative sounds. Whether covering what's new or what's next, SPIN is your

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Describes the life and skating career of the young woman who won a gold medal in figure skating at the 1998 Olympics.

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