

Campus Recreation Lending Library

*Must be a member of the Fitness & Wellness Center to participate.

* Lending library located in the Lounge of the Fitness & Wellness Center

* To check out materials, members come to the front desk with their ECU ID

Exercise DVDs :

- Shape your Abs
- Shape your butt, Hips and Thighs
- Shapes Cardio
- Preventing Fitness Systems- Get Moving
- Prevention Fitness Systems- Personal
- Stability Ball Workout
- Total Cardio Kick
- Billy's Boot camp
- Pick your sports Pilates
- Perfect Abs
- Tai Chi
- 10 Minute Solution Kick box Boot camp
- Cardio Dance Blast
- Fat Burn Dance Party
- Tae Bo Cardio
- Meditation for Beginners
- Fitness Circle Flow
- Power Paced-Fitness Circle
- Body and Soul
- Pure Vitality
- Firm and Fit
- Sexy Arms
- The Firm Hips, Thighs and Abs
- The Firm-Lower Body Sculpt
- The Firm-Upper Body Sculpt
- Scott Pilates- Fitness Circle
- The Firm
- Fat Burn Abs Attack
- Blast Away the Pounds Attack
- Step it Strong
- Fat Burning Kickboxing workout for 1
- Yoga Back-Care
- Discover Tai Chi
- Basic Strength Conditioning
- Basic Pilates

Books:

- 101 Ways to Workout on the Ball: Sculpt your ideal body with Pilates, Yoga & More
- Nine Months Strong: Shaping up for Labor & Delivery & the toughest physical day of your life

- Strength Ball Training: 69 exercises using Swiss balls & medicine balls
- Fit for Duty: An Officer's Guide to Total Fitness
- Sports Speed, 3rd edition
- Altitude Training & Athletic Performance
- Performing in Extreme Environments
- Sport Nutrition for Health & Performance
- Advanced Sports Nutrition
- Eating on the Run, 3rd edition
- 28- Day Body Shapeover
- Men's Body Sculpting
- Sculpting her Body Perfect
- Health Promotion Ideas that Work
- Fitness Walking
- ACSM Fitness Book by American College of Sports Medicine (2003)
- The Diabetic Athlete
- The Athletic Woman's Survival Guide
- ACSM Action Plan for High Cholesterol
- ACSM Action Plan for High Blood Pressure
- Move to Lose
- The Pilates Body
- The Supermarket Guide
- Outdoor Leadership: Theory and Practice
- The National Outdoor Leadership School's Wilderness Guide: The Classic Handbook,
Revised and Updated
- NOLS Cookery
- Kentucky Atlas and Gazetteer
- Performing in Extreme Environments
- Advanced Sports Nutrition
- Diabetic Athlete
- Sports Speed: Illustrated Edition
- Action Plan For High Blood Pressure
- Pilates Body
- ACSM
- Action Plan For High Cholesterol
- Hiking Kentucky