

SPORT AND CONDITIONING

LAYOUTS
CATALOG



FRENCH PUBLISHER



COLLECTION

October 2022

CONTACT

editions@4trainer.fr

www.4trainer.fr

OUR LAYOUTS

4Trainer is a French publishing house specialized in specific training and conditioning for all sports. We publish **sport books** used by **professional trainers and athletes**, but also coffee table books for sport enthusiasts.

Our DNA is to provide our readers the best book possible, regarding its content but also its form. That is why we developed **colorful graphic layouts** with pictures, graphs and ornaments so that our customers enjoy reading as much as practicing.

During the past few years, we developed a strong partnership with **Human Kinetics**, and translated many of their titles for the French market. **In this catalog, you will discover the layouts of our French versions**, for alternative and ready-to-use covers and interiors at an affordable price of graphic creation.

Our graphic designers use **Adobe Creative Cloud Suite**, we provide the full package folder (InDesign file, links, fonts).

Foundations of Sport and Exercise Psychology, 7th Ed.

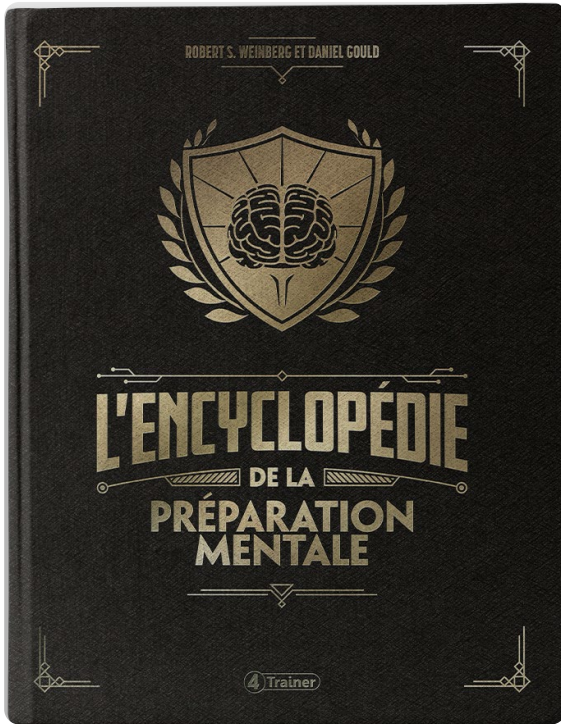
L'ENCYCLOPÉDIE DE LA PRÉPARATION MENTALE

Original publisher: Human Kinetics

French publisher: 4Trainer

FORMAT: 216 × 276 MM | 608 PAGES

COLORS: CMYK | HARDCOVER



790.⁰⁰€

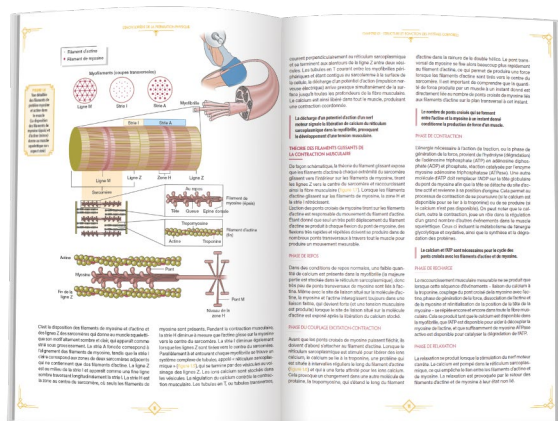
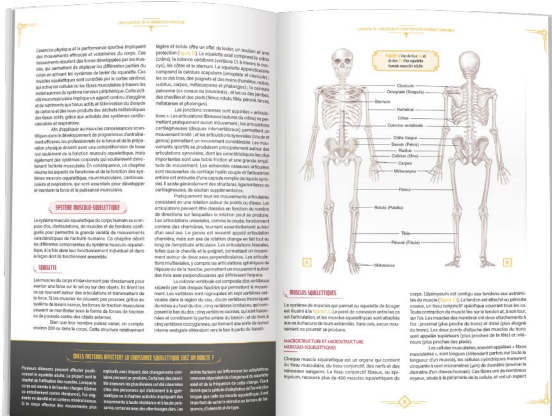
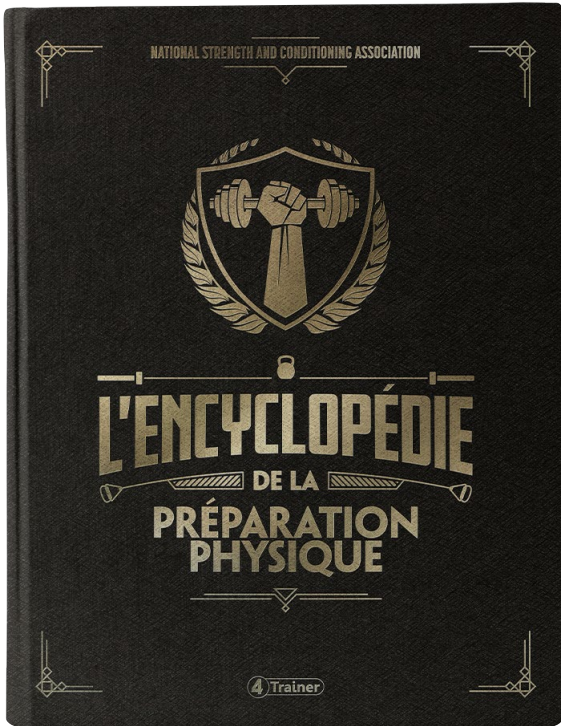
Cover + Interior graphic designs (Adobe Creative Cloud Suite)
Full package folders (InDesign files, links, fonts)

Essentials of Strength Training and Conditioning, 4th Ed.

L'ENCYCLOPÉDIE DE LA PRÉPARATION PHYSIQUE

Original publisher: Human Kinetics
French publisher: 4Trainer

FORMAT: 216 × 276 MM | 752 PAGES
COLORS: CMYK | HARDCOVER



790.00€

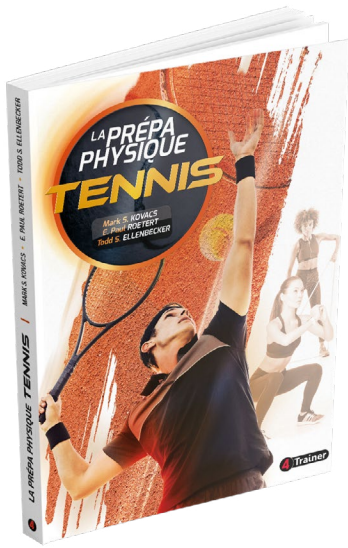
Cover + Interior graphic designs (Adobe Creative Cloud Suite)
Full package folders (InDesign files, links, fonts)

Complete Conditioning for Tennis, 2nd Ed.

LA PRÉPA PHYSIQUE TENNIS

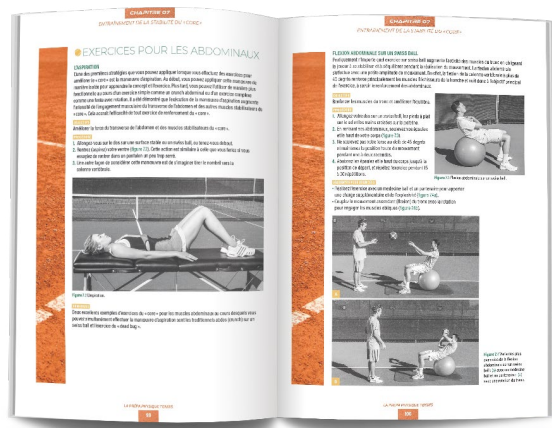
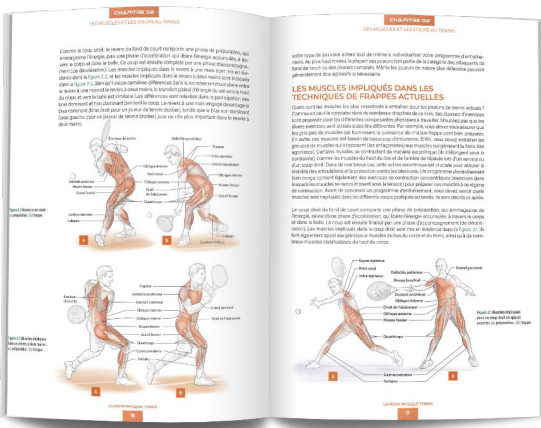
Original publisher: Human Kinetics
French publisher: 4Trainer

FORMAT: 194 × 255 MM | 208 PAGES
COLORS: CMYK | PAPERBACK



SOMMAIRE

CHAPITRE 1	RÉPONDRE AUX EXIGENCES PHYSIQUES DU TENNIS	01
CHAPITRE 2	MUSCLES ET COUPS AU TENNIS	06
CHAPITRE 3	MUSCLES ET COUPLÉS	20
CHAPITRE 4	ÉVALUATION DE LA CONDITION PHYSIQUE POUR LA MEILLEUR PERFORMANCE	27
CHAPITRE 5	ÉCHAUFFEMENT DYNAMIQUE ET SOUPLESSE	33
CHAPITRE 6	MÉTIER ACUTE ET JEU DE JAMBES	76
CHAPITRE 7	ENTRAÎNEMENT DE LA DURETÉ DU «CORE»	96
CHAPITRE 8	ENTRAÎNEMENT DE LA FORCE	109
CHAPITRE 9	ENTRAÎNEMENT DE LA PUISSANCE	130
CHAPITRE 10	ENTRAÎNEMENT DE L'ENDURANCE AU TENNIS	140
CHAPITRE 11	CONCEPTION DE PROGRAMME ET RÉGÉNÉRATION	145
CHAPITRE 12	FORTE STABILITÉ DE L'ÉPAULE	155
CHAPITRE 13	PRÉVENTION DES BLESSURES ET RÉGÉNÉRATION	170
CHAPITRE 14	RECHÈCHE ET PRÉVENTION	182
CHAPITRE 15	RECHÈCHE ET PRÉVENTION	189
CHAPITRE 16	CONSIDÉRATIONS RELATIVES À L'ÂGE ET AU SEXE	199
À PROPOS DE CYSTA		206
À PROPOS DES AUTEURS		208



490.⁰⁰€

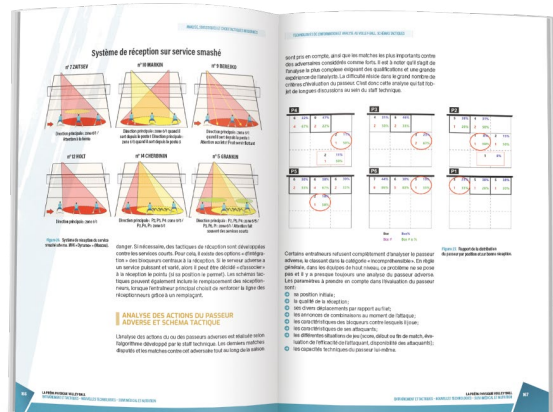
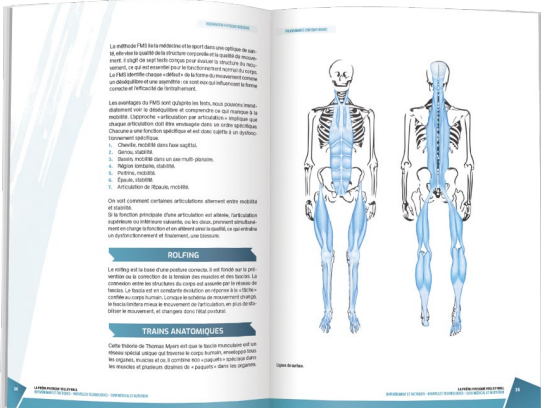
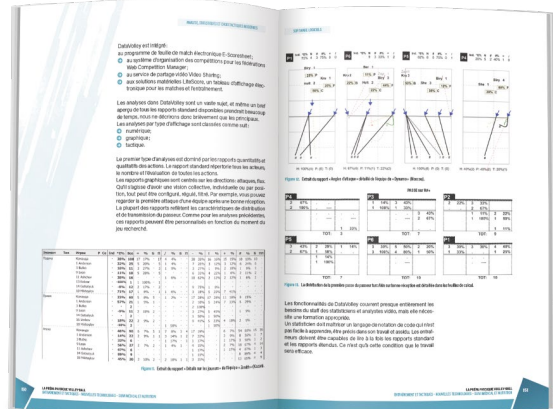
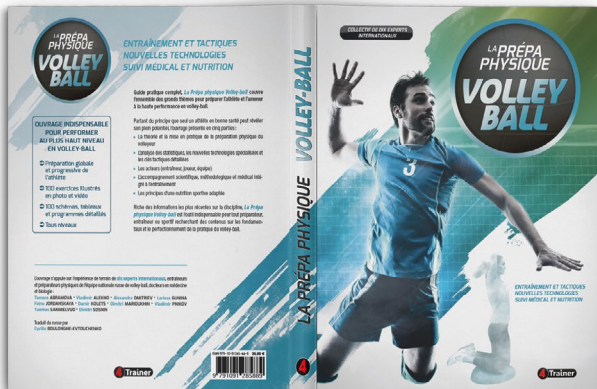
Cover + Interior graphic designs (Adobe Creative Cloud Suite)
Full package folders (InDesign files, links, fonts)

Train Like A Champion - Volley-ball and Beach Volley

LA PRÉPA PHYSIQUE VOLLEY-BALL

Original publisher: Performing Forward
French publisher: 4Trainer

FORMAT: 194 × 255 MM | 324 PAGES
COLORS: CMYK | PAPERBACK



490.00€

Cover + Interior graphic designs (Adobe Creative Cloud Suite)
Full package folders (InDesign files, links, fonts)

Training for Speed, Agility, and Quickness, 3rd Ed.

L'ENTRAÎNEMENT DE LA VITESSE, L'AGILITÉ ET LA VIVACITÉ

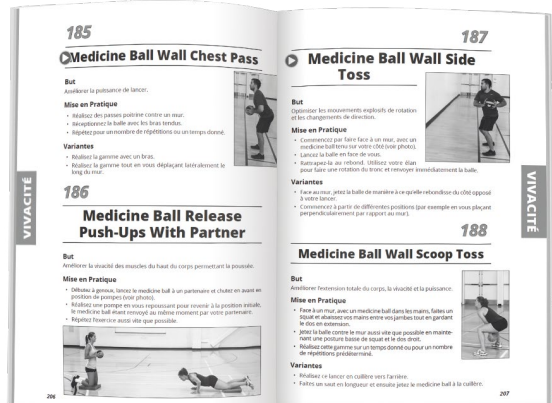
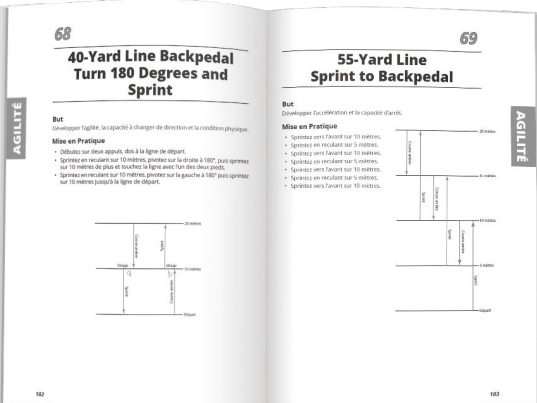
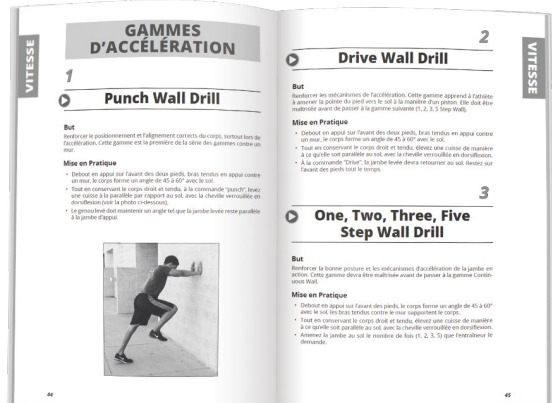
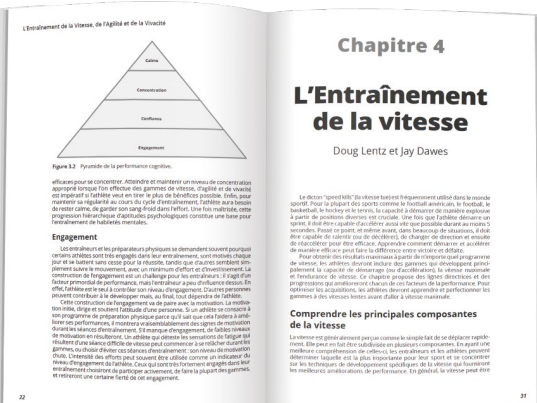
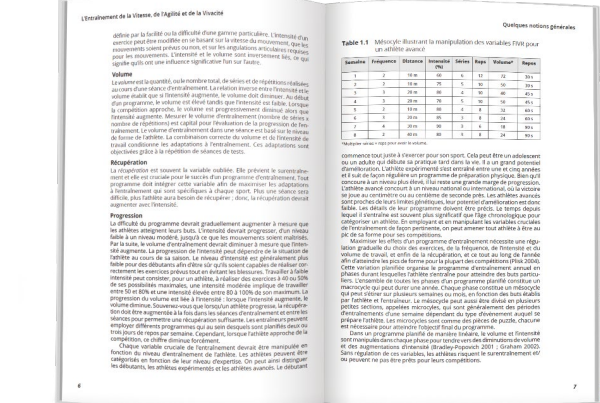


Original publisher: Human Kinetics

French publisher: 4Trainer

FORMAT: 216 x 279 MM | 352 PAGES

COLORS: BLACK | PAPERBACK



290.00€

Cover + Interior graphic designs (Adobe Creative Cloud Suite)
Full package folders (InDesign files, links, fonts)

Athletic Body in Balance

ATHLETIC BODY IN BALANCE

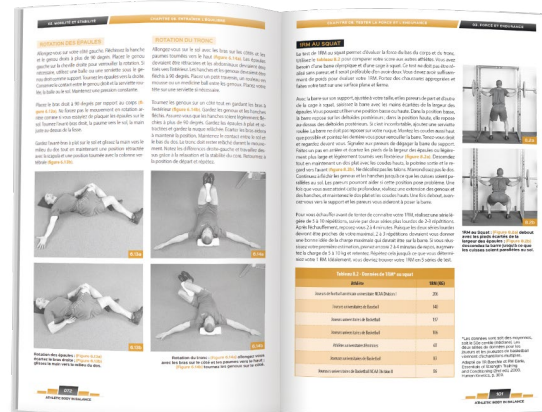


Original publisher: Human Kinetics

French publisher: 4Trainer

FORMAT: 194 × 255 MM | 220 PAGES

COLORS: BLACK + PANTONE | PAPERBACK

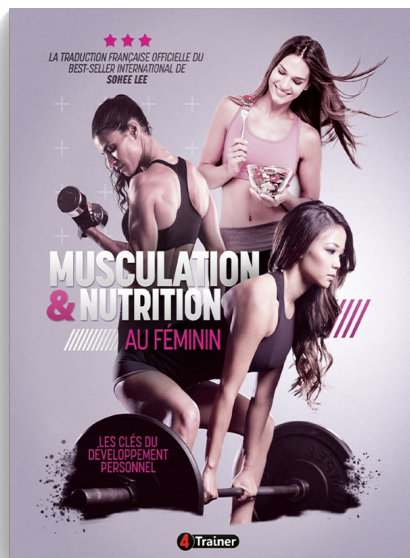


390.00€

Cover + Interior graphic designs (Adobe Creative Cloud Suite)
Full package folders (InDesign files, links, fonts)

Eat. Lift. Thrive.

MUSCULATION ET NUTRITION AU FÉMININ



Original publisher: Human Kinetics

French publisher: 4Trainer

FORMAT: 194 x 255 MM | 228 PAGES

COLORS: CMYK | PAPERBACK



490.00€

Cover + Interior graphic designs (Adobe Creative Cloud Suite)
Full package folders (InDesign files, links, fonts)

JC's Total Body Transformation

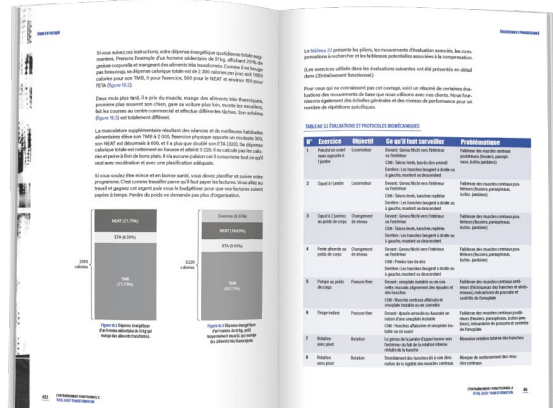
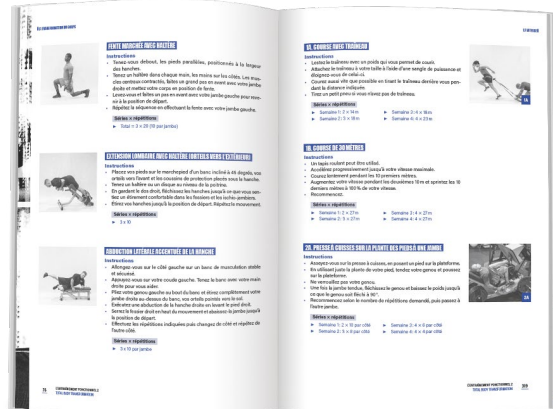
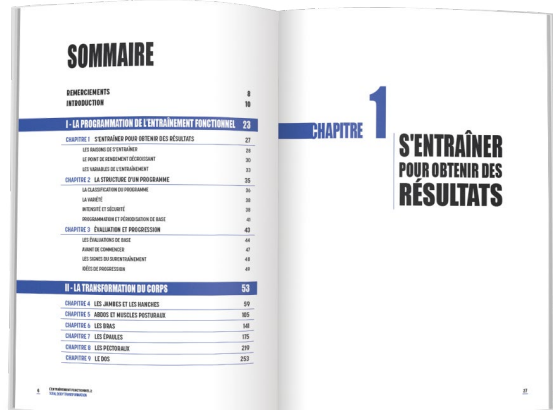
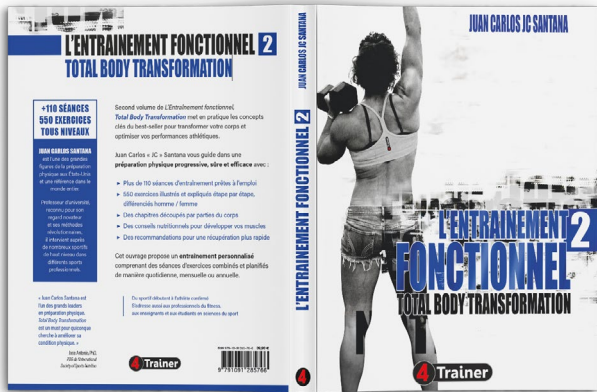
L'ENTRAÎNEMENT FONCTIONNEL 2 - TOTAL BODY TRANSFORMATION

Original publisher: Human Kinetics

French publisher: 4Trainer

FORMAT: 194 × 255 MM | 456 PAGES

COLORS: BLACK + PANTONE | PAPERBACK

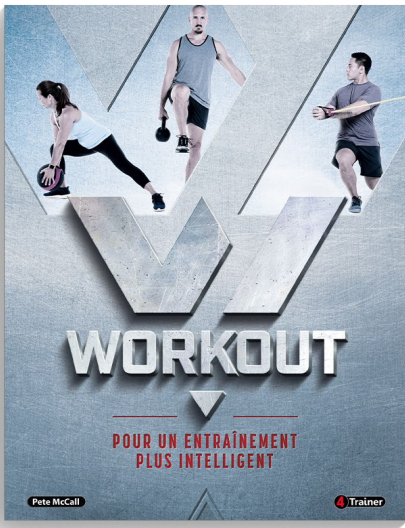


490.00€

Cover + Interior graphic designs (Adobe Creative Cloud Suite)
Full package folders (InDesign files, links, fonts)

Smarter Workouts

WORKOUT : POUR UN ENTRAÎNEMENT PLUS INTELLIGENT

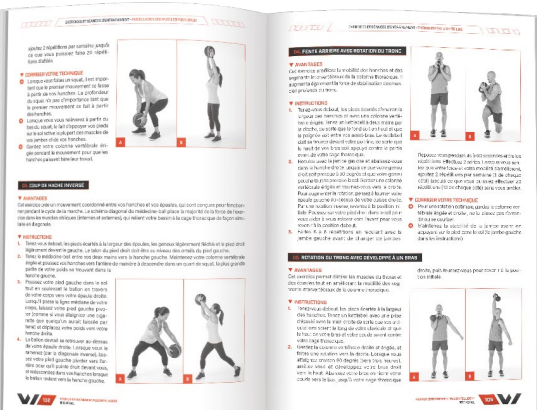
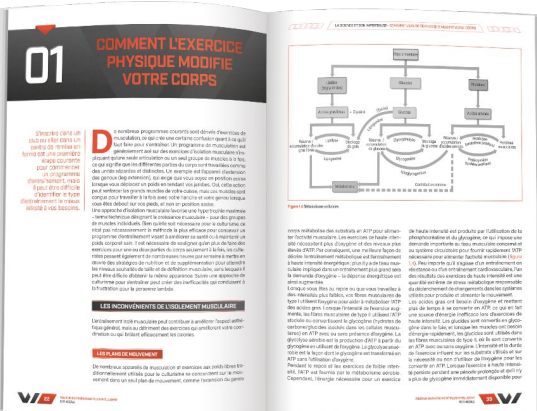


Original publisher: Human Kinetics

French publisher: 4Trainer

FORMAT: 194 x 255 MM | 248 PAGES

COLORS: BLACK + PANTONE | PAPERBACK



490.00€

Cover + Interior graphic designs (Adobe Creative Cloud Suite)
Full package folders (InDesign files, links, fonts)



Your Workout Perfected

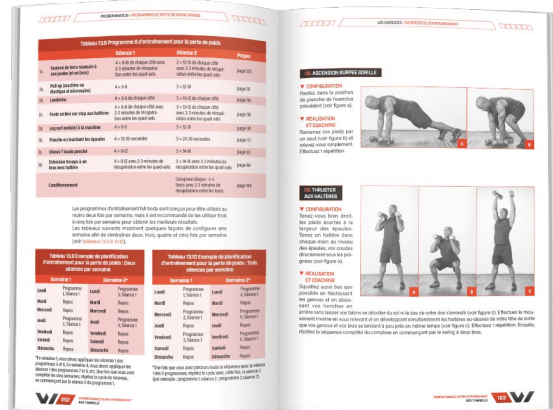
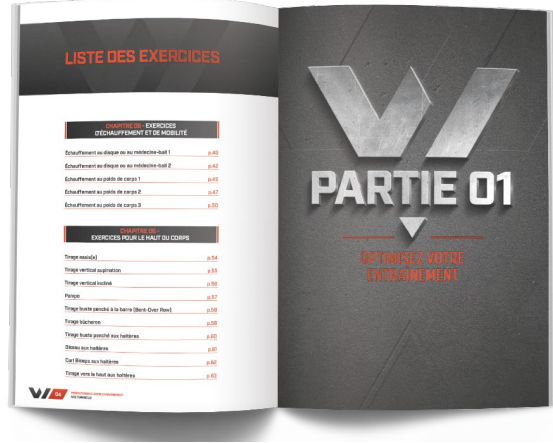
WORKOUT : PERFECTIONNEZ VOTRE ENTRAÎNEMENT

Original publisher: Human Kinetics

French publisher: 4Trainer

FORMAT: 194 × 255 MM | 288 PAGES

COLORS: BLACK + PANTONE | PAPERBACK



490.00€

Cover + Interior graphic designs (Adobe Creative Cloud Suite)
Full package folders (InDesign files, links, fonts)

Developing Speed

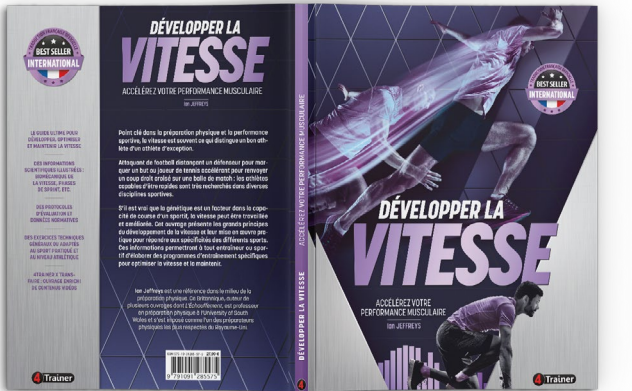
DÉVELOPPER LA VITESSE

Original publisher: Human Kinetics

French publisher: 4Trainer

FORMAT: 194 x 255 MM | 184 PAGES

COLORS: BLACK + PANTONE | PAPERBACK



490.00€

Cover + Interior graphic designs (Adobe Creative Cloud Suite)
Full package folders (InDesign files, links, fonts)

Developing The Core

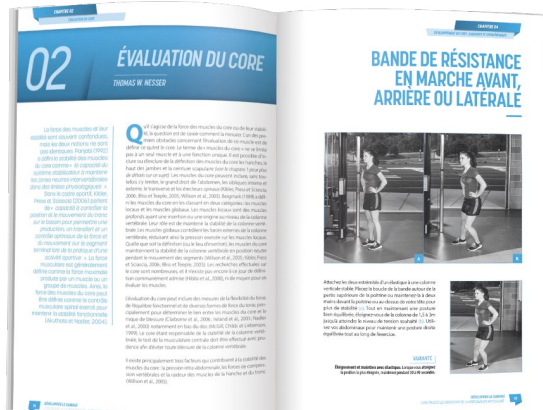
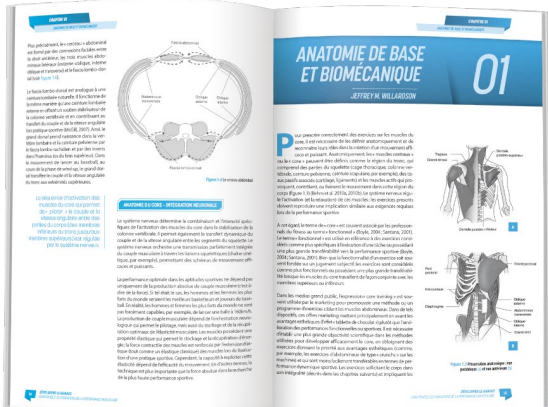
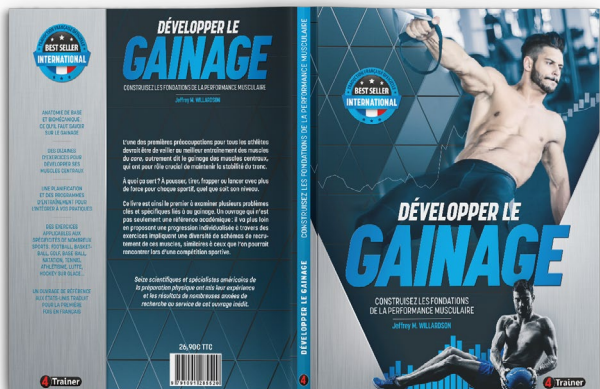
DÉVELOPPER LE GAINAGE

Original publisher: Human Kinetics

French publisher: 4Trainer

FORMAT: 194 × 255 MM | 180 PAGES

COLORS: BLACK + PANTONE | PAPERBACK

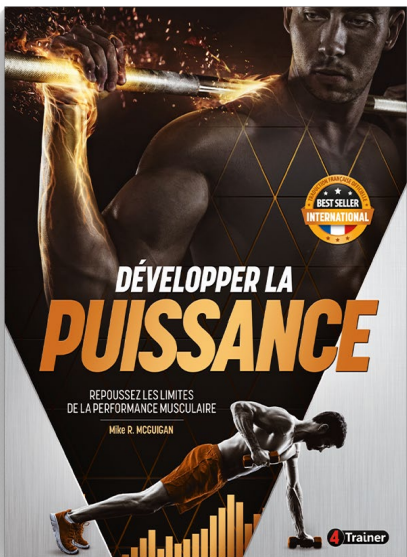


490.00€

Cover + Interior graphic designs (Adobe Creative Cloud Suite)
Full package folders (InDesign files, links, fonts)

Developing Power

DÉVELOPPER LA PUISSANCE



Original publisher: Human Kinetics

French publisher: 4Trainer

FORMAT: 194 x 255 MM | 256 PAGES

COLORS: BLACK + PANTONE | PAPERBACK

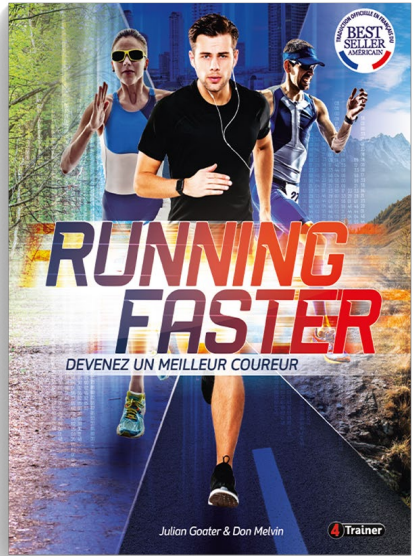


490.00€

Cover + Interior graphic designs (Adobe Creative Cloud Suite)
Full package folders (InDesign files, links, fonts)

The Art of Running Faster

RUNNING FASTER



Original publisher: Human Kinetics
French publisher: 4Trainer

FORMAT: 194 x 255 MM | 196 PAGES
COLORS: CMYK | PAPERBACK

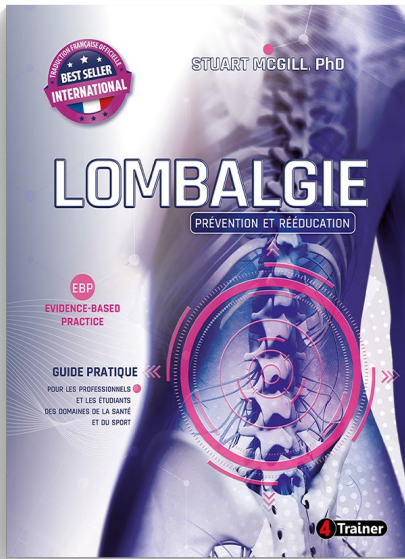


490.00€

Cover + Interior graphic designs (Adobe Creative Cloud Suite)
Full package folders (InDesign files, links, fonts)

Low Back Disorder, 3rd Ed.

LOMBALGIE

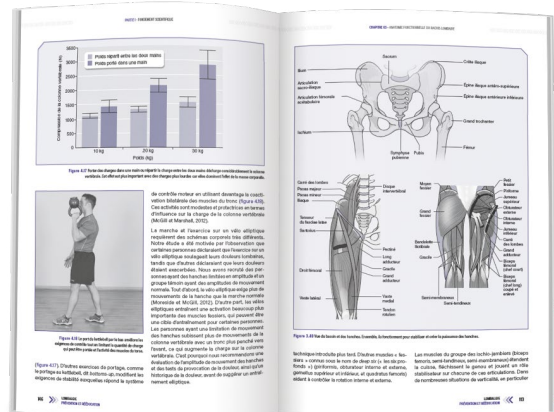
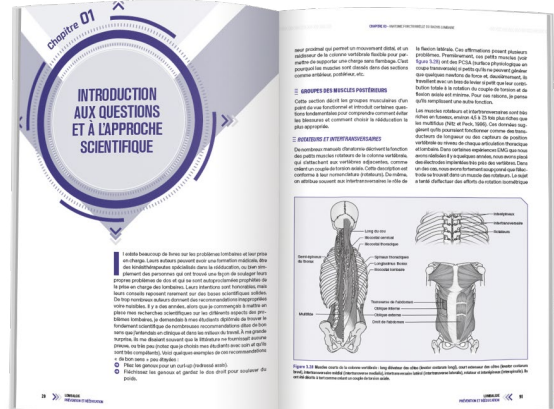
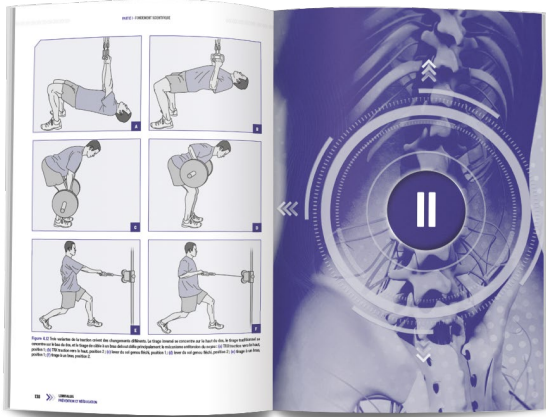


Original publisher: Human Kinetics

French publisher: 4Trainer

FORMAT: 194 × 255 MM | 392 PAGES

COLORS: BLACK + PANTONE | PAPERBACK

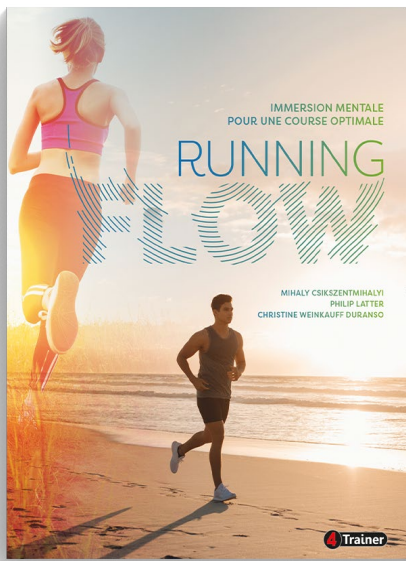


490.⁰⁰€

Cover + Interior graphic designs (Adobe Creative Cloud Suite)
Full package folders (InDesign files, links, fonts)

Running Flow

RUNNING FLOW



Original publisher: Human Kinetics
French publisher: 4Trainer

FORMAT: 194 x 255 MM | 144 PAGES
COLORS: CMYK | PAPERBACK

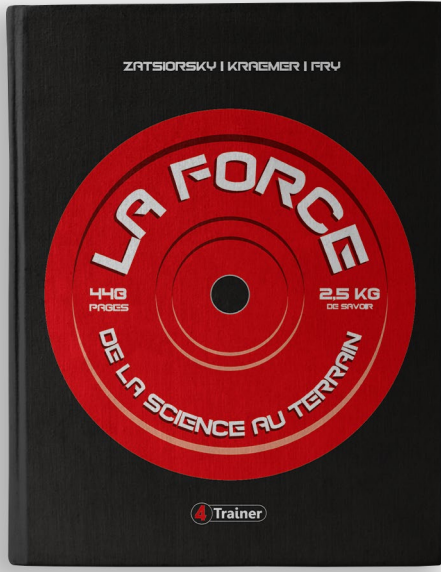


490.00€

Cover + Interior graphic designs (Adobe Creative Cloud Suite)
Full package folders (InDesign files, links, fonts)

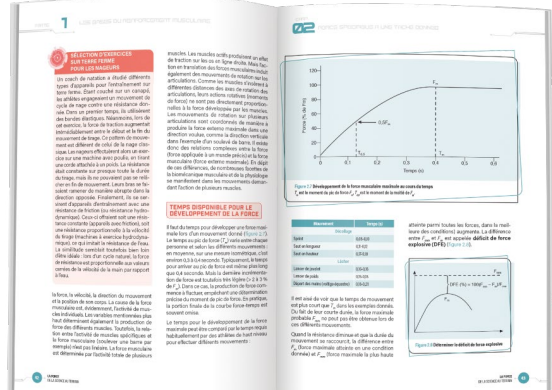
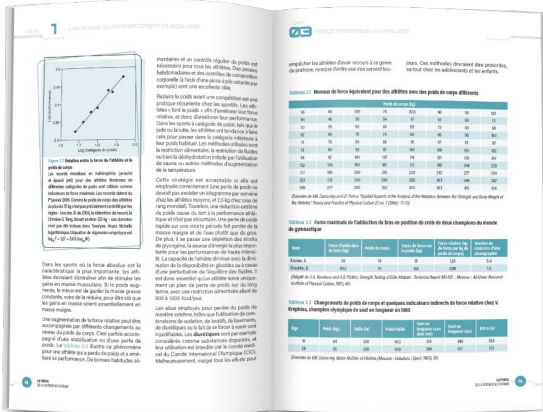
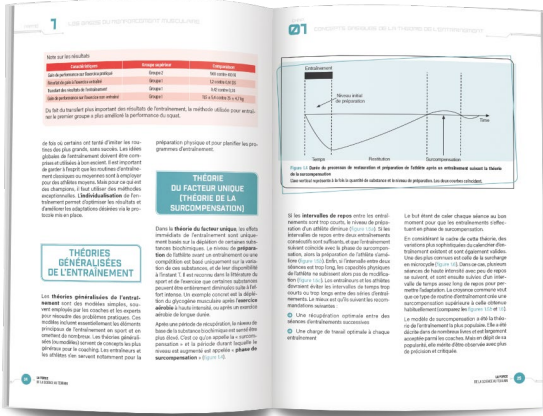
Science and Practice of Strength Training, 3rd Ed.

LA FORCE : DE LA SCIENCE AU TERRAIN



Original publisher: Human Kinetics
French publisher: 4Trainer

FORMAT: 216 x 276 MM | 448 PAGES
COLORS: CMYK | HARDCOVER

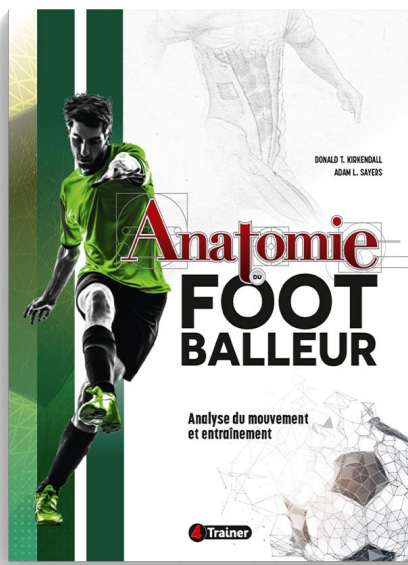


690.00€

Cover + Interior graphic designs (Adobe Creative Cloud Suite)
Full package folders (InDesign files, links, fonts)

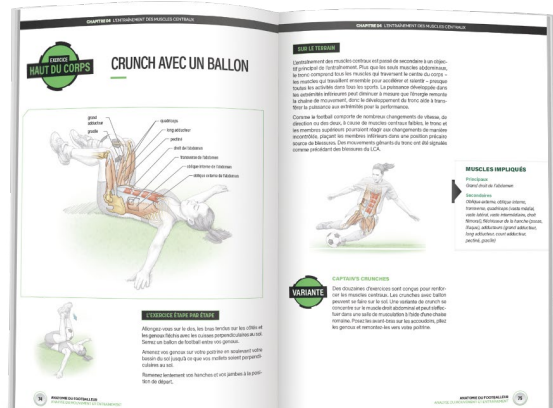
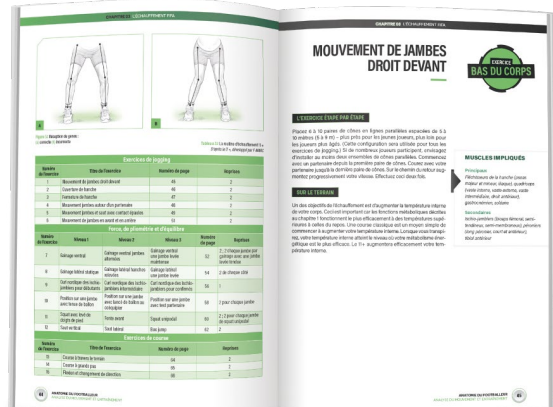
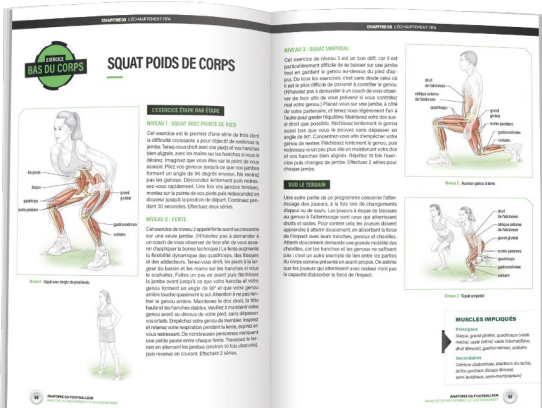
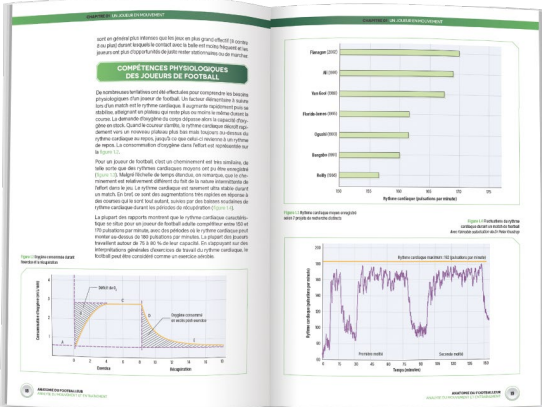
Soccer Anatomy, 2nd Ed.

ANATOMIE DU FOOTBALLEUR



Original publisher: Human Kinetics
French publisher: 4Trainer

FORMAT: 194 × 255 MM | 248 PAGES
COLORS: CMYK | PAPERBACK



490.00€

Cover + Interior graphic designs (Adobe Creative Cloud Suite)
Full package folders (InDesign files, links, fonts)

Heart Rate Training, 2nd Ed.

ENTRAÎNER SA FRÉQUENCE CARDIAQUE

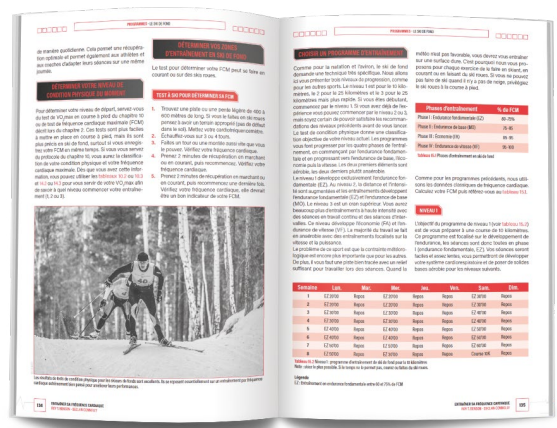
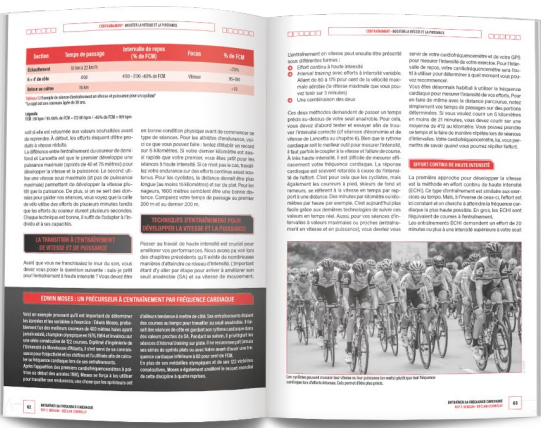


Original publisher: Human Kinetics

French publisher: 4Trainer

FORMAT: 194 x 255 MM | 160 PAGES

COLORS: BLACK + PANTONE | PAPERBACK

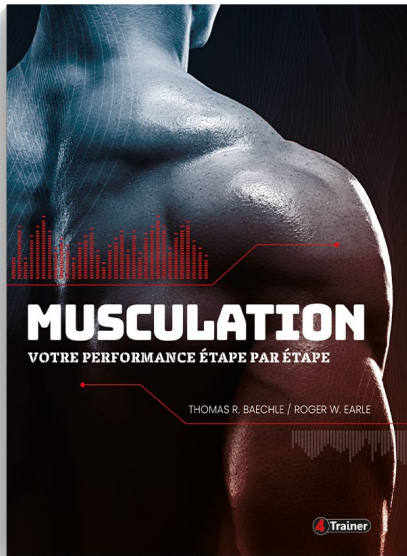


490.⁰⁰€

Cover + Interior graphic designs (Adobe Creative Cloud Suite)
Full package folders (InDesign files, links, fonts)

Weight Training, 5th Ed.

MUSCULATION



Original publisher: Human Kinetics
French publisher: 4Trainer

FORMAT: 194 x 255 MM | 224 PAGES
COLORS: CMYK | PAPERBACK



490.00€

Cover + Interior graphic designs (Adobe Creative Cloud Suite)
Full package folders (InDesign files, links, fonts)

Evidence-Based Practice in Athletic Training

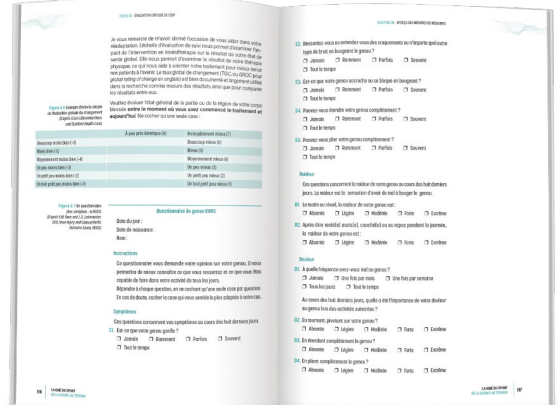
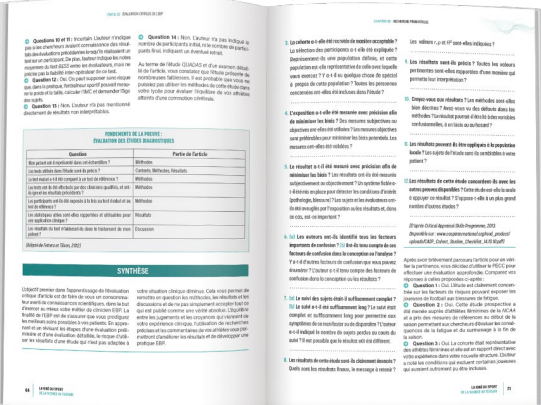
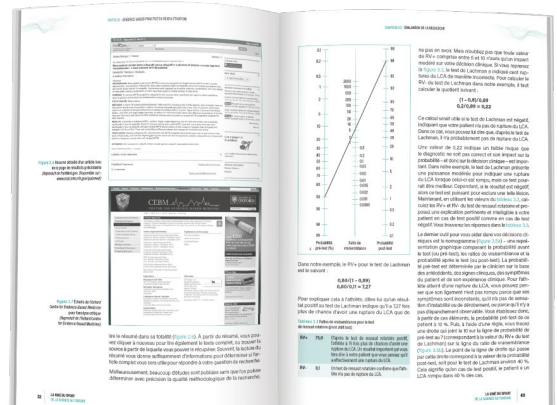
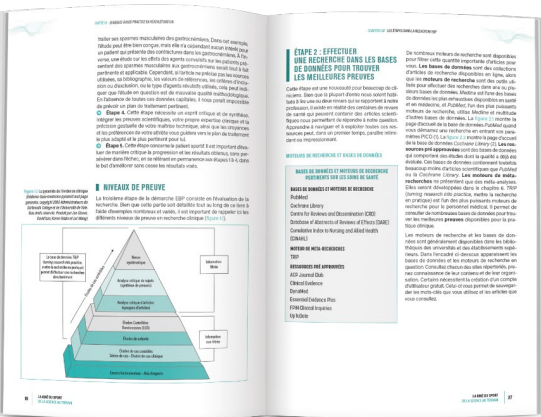
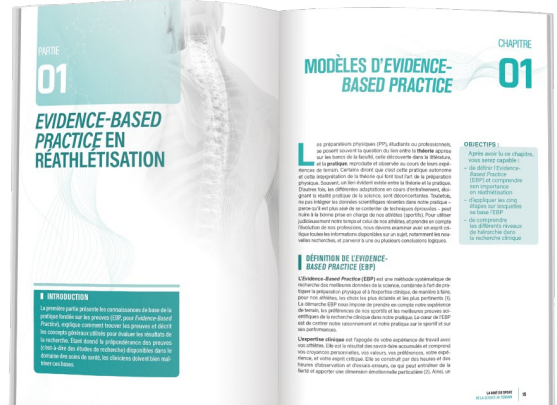
LA KINÉ DU SPORT : DE LA SCIENCE AU TERRAIN

Original publisher: Human Kinetics

French publisher: 4Trainer

FORMAT: 194 × 255 MM | 176 PAGES

COLORS: BLACK + PANTONE | PAPERBACK

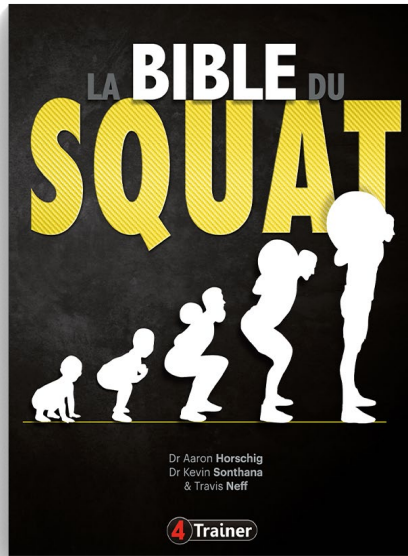


490.00€

Cover + Interior graphic designs (Adobe Creative Cloud Suite)
Full package folders (InDesign files, links, fonts)

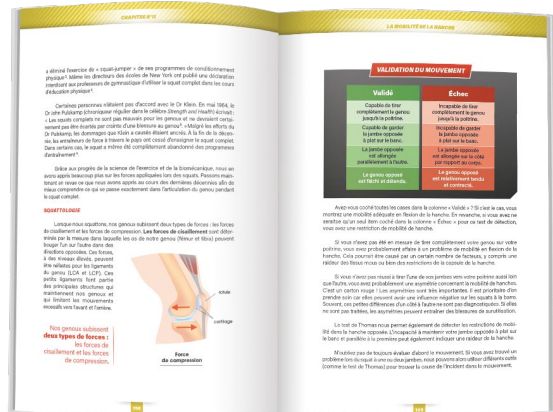
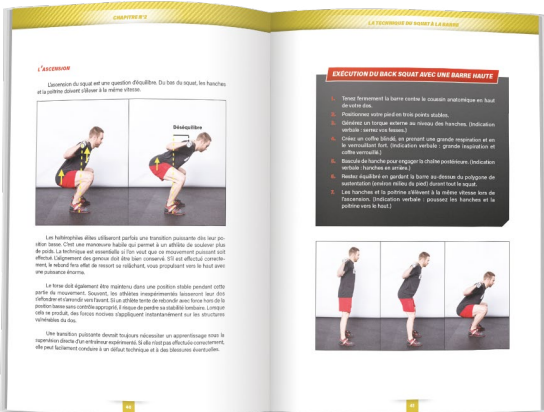
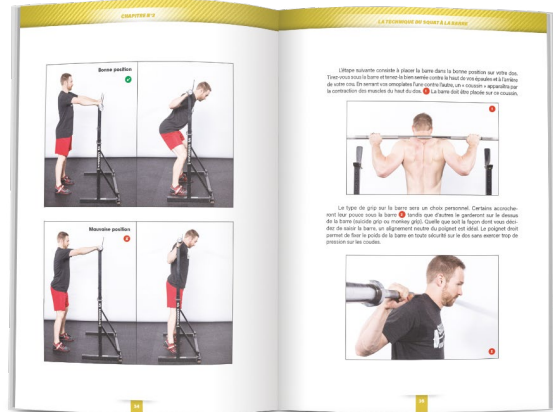
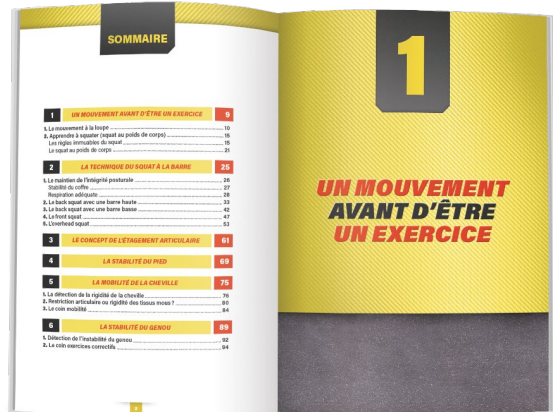
The Squat Bible

LA BIBLE DU SQUAT



Original publisher: Squat University
French publisher: 4Trainer

FORMAT: 165 x 240 MM | 200 PAGES
COLORS: CMYK | PAPERBACK



390.00€

Cover + Interior graphic designs (Adobe Creative Cloud Suite)
Full package folders (InDesign files, links, fonts)

Bigger Faster Stronger, 3rd Ed.

BIGGER FASTER STRONGER

Original publisher: Human Kinetics

French publisher: 4Trainer

FORMAT: 194 × 255 MM | 148 PAGES

COLORS: BLACK + PANTONE | PAPERBACK

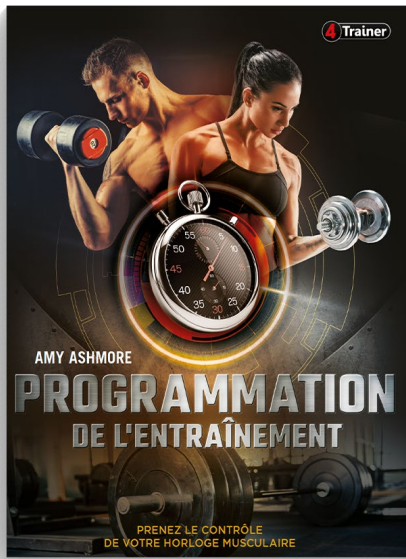


490.⁰⁰€

Cover + Interior graphic designs (Adobe Creative Cloud Suite)
Full package folders (InDesign files, links, fonts)

Timing Resistance Training

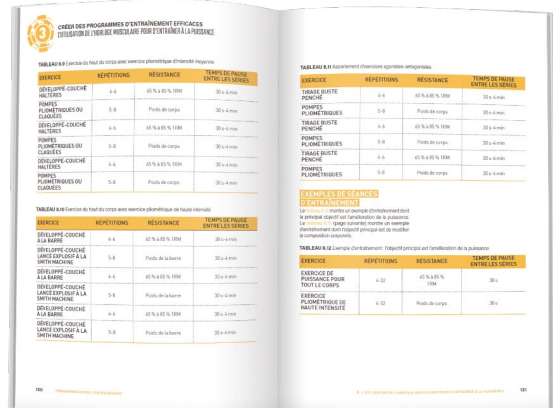
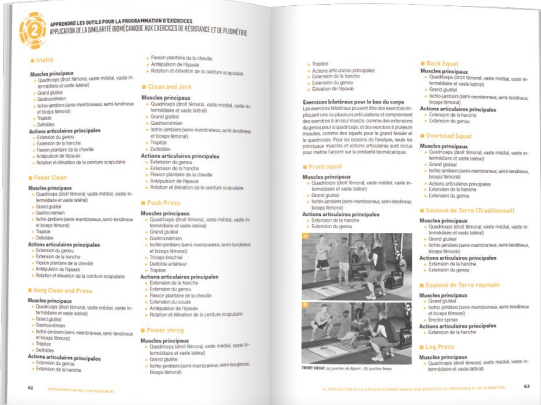
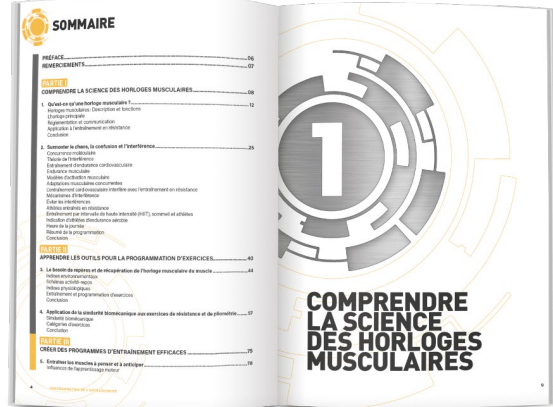
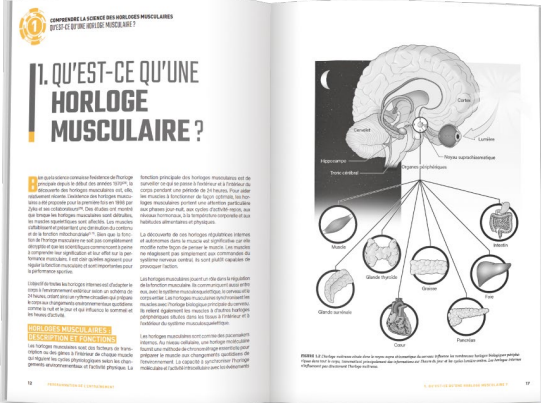
PROGRAMMATION DE L'ENTRAÎNEMENT



Original publisher: Human Kinetics
French publisher: 4Trainer

FORMAT: 194 × 255 MM | 160 PAGES

COLORS: BLACK + PANTONE | PAPERBACK



490.00€

Cover + Interior graphic designs (Adobe Creative Cloud Suite)
Full package folders (InDesign files, links, fonts)

Complete Guide to TRX Suspension Training

LE GUIDE COMPLET DU TRX

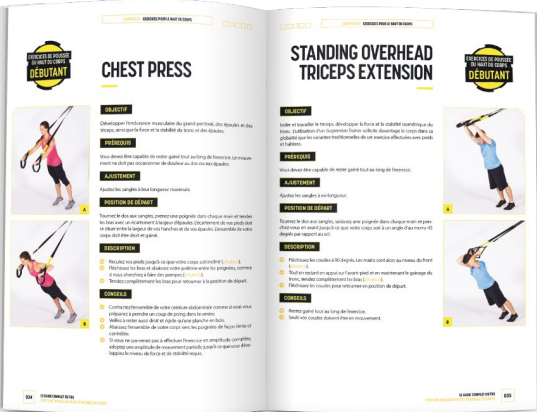


Original publisher: Human Kinetics

French publisher: 4Trainer

FORMAT: 194 x 255 MM | 192 PAGES

COLORS: CMYK | PAPERBACK



490.⁰⁰€

Cover + Interior graphic designs (Adobe Creative Cloud Suite)
Full package folders (InDesign files, links, fonts)

The Warm-Up

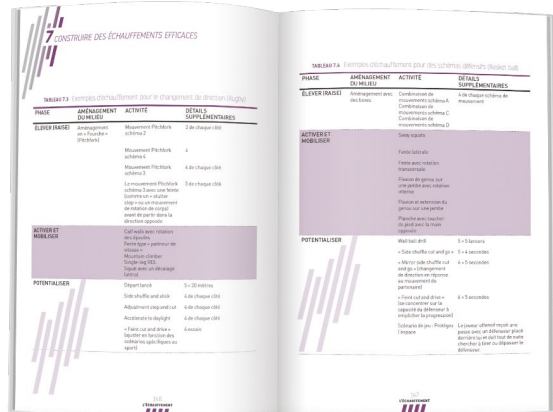
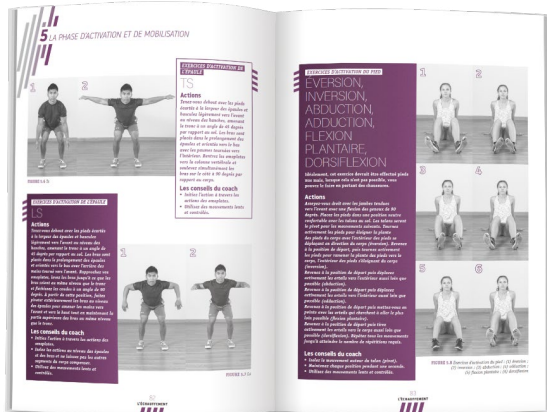
L'ÉCHAUFFEMENT



Original publisher: Human Kinetics
French publisher: 4Trainer

FORMAT: 194 × 255 MM | 156 PAGES

COLORS: BLACK + PANTONE | PAPERBACK



490.00€

Cover + Interior graphic designs (Adobe Creative Cloud Suite)
Full package folders (InDesign files, links, fonts)

Train to Tri - Your First Triathlon

PREMIER TRIATHLON

Original publisher: Human Kinetics

French publisher: 4Trainer

FORMAT: 194 x 255 MM | 194 PAGES

COLORS: CMYK | PAPERBACK

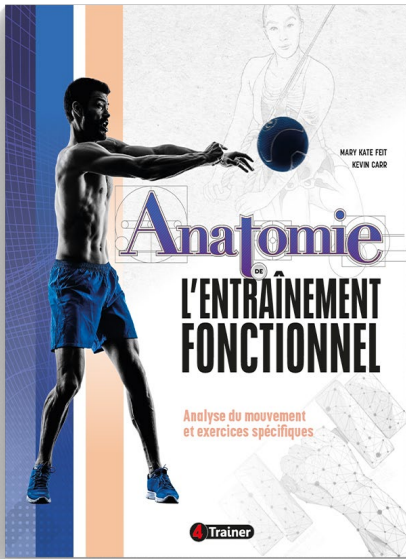


490.⁰⁰€

Cover + Interior graphic designs (Adobe Creative Cloud Suite)
Full package folders (InDesign files, links, fonts)

Functional Training Anatomy

ANATOMIE DE L'ENTRAÎNEMENT FONCTIONNEL

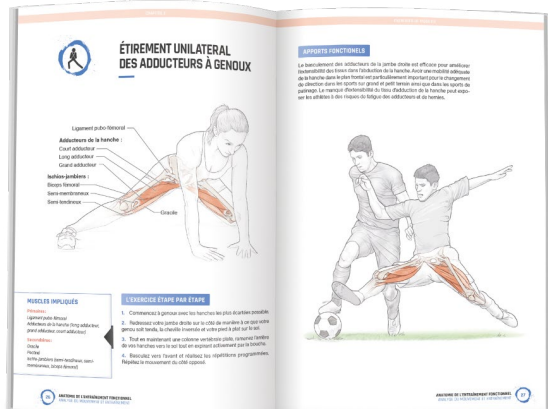
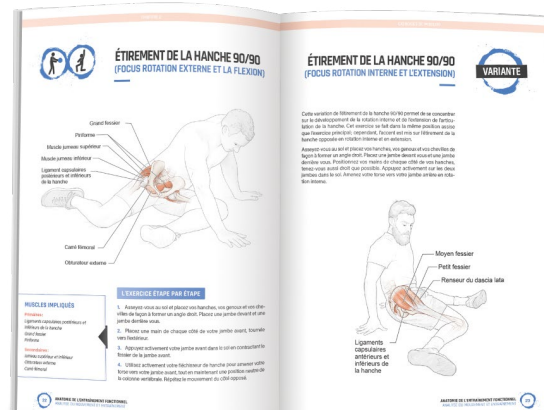
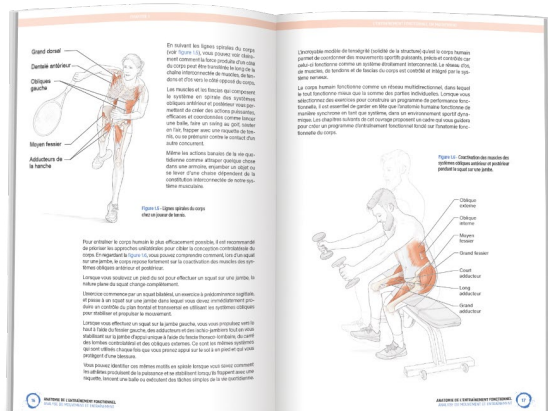
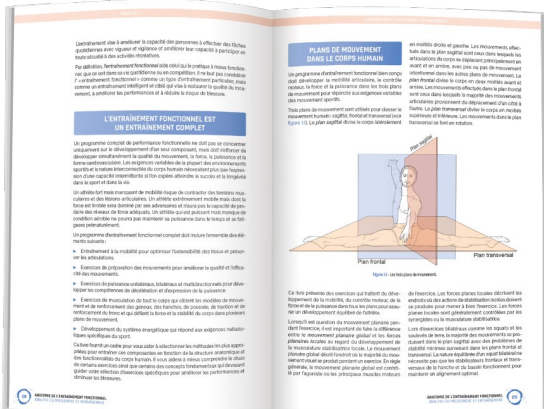
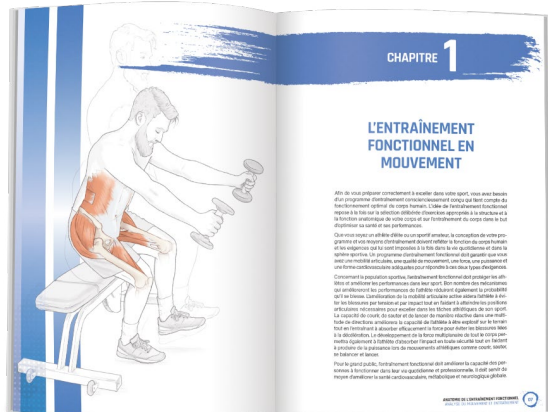


Original publisher: Human Kinetics

French publisher: 4Trainer

FORMAT: 194 x 255 MM | 162 PAGES

COLORS: CMYK | PAPERBACK



490.00€

Cover + Interior graphic designs (Adobe Creative Cloud Suite)
Full package folders (InDesign files, links, fonts)

