

ERS - PE

登錄號碼	索書號	著者碼	書目
A06249	796.352	SAU	The golf handbook
A06323	617.1	MAS	Sports Pilates : how to prevent and overcome sports injuries
A06324	613.7	WIN	RopeSport : the ultimate jump rope workout
A06424	793.3	CRA	Dance for fun!
A06425	796.352	WIL	Golf for fun!
A06426	798.4	GRU	Horseback riding for fun!
A06427	796.8	CAR	Martial arts for fun!
A06428	796.33	GOI	Soccer for fun!
A06476	796.6	FOT	Cycle racing
A06477	796.34	LIT	Tennis
A06737	796.34	BAD	Badminton
A06738	796.4	HEN	London 2012 training guide : athletics - field events
A06739	796.4	BRE	London 2012 training guide : athletics - track events
A06740	797.2	GUT	London 2012 training guide : swimming
A06854	613.7	LAW	Exercise your way to health: osteoporosis exercise plans to improve your life
A06855	613.7	LAW	Exercise your way to health: depression exercise plans to improve your life
A06856	613.7	LAW	Exercise your way to health: stress exercise plans to improve your
A06857	613.2	MAC	Body confidence: venice nutrition's 3-step system that unlocks your body's full potential
A06858	616.02	AUS	First aid manual
A06873	796.4	GOL	How to watch the olympics
A06874	613.7	WAL	The anatomy of stretching: your illustrated guide to flexibility and injury rehabilitation
A06875	796.07	JON	Strength training: the complete step-by-step guide to a stronger, sculpted body
A06876	613	SHA	Turn up your fat burn
A07086	617.1	CHA	F.I.M.S. team physician manual
A07166	613.7	MAR	15 minute stretching workout
A07167	613.7	STA	The anatomy of exercise & movement for the study of dance, pilates, sports, and yoga
A07168	613.7	WAL	The anatomy of stretching : your illustrated guide to flexibility and injury rehabilitation
A07169	613.71	VIL	The body sculpting bible for man
B09189	411.7	1147	不生病的運動
B09190	528.9	4401	增強肌力鍛鍊法：淺顯易懂的增強式肌力訓練
B09191	528.947	2862	鐵人三項 —— 游泳、自行車、跑步三項全能運動入門
B09192	528.951	2624	提升足球戰力100絕招 —— 戰術的基礎與運用
B09254	528.9	4251	核心肌肉訓練
B09255	528.9	8080	運動解剖書
B09558	195.8	7530	我係陳肇麒
B09559	195.8	7530	我係陳肇麒

登錄號碼	索書號	著者碼	書目
B09888	528.9	2081	四週練出一身肌：619種絕對有效的練肌方法
B09889	528.9	8080	運動解剖書
B10118	528.9	3215	肌力訓練圖解聖經
B10119	528.9	4779	彼拉提斯解剖書
B10120	411.7	4234	拉筋讓你更年輕
B10121	411.7	7942	拉筋伸展漸健美
B10169	411.71	0446	跑出美麗：擁有自信與風格，妳就是美跑者
B10171	528.923	4401	120項肌力訓練計畫書
B10194	411.7	7942	拉筋伸展漸健美
B10195	411.7	4234	拉筋讓你更年輕
B10196	528.9	5042	The new body 9小時6腹肌
B10877	528.9	0421	運動創傷痊攻略：DIY運動傷自療使用手冊
B10878	528.9	5042	The new body 9小時6腹肌
B10879	528.96	7536	健康游泳樂
B10880	528.9468	3143	九十天練成馬拉松
B10881	411.7	0714	痠痛拉筋解剖書：The anatomy of stretching
B11481	447.32	7536	健康單車樂
B11482	528.946	7536	健康跑步樂
B11483	528.96	7536	健康游泳樂
B11649	411.3	0434	快速去減去內臟脂肪：智慧與訣竅
B11650	411.3	3422	吃飽才會瘦
B11652	528.93	2030	運動重生計畫：找回失去的健康，寫給所有曾經受傷、肥胖，以及長期不運動的人
B11763	528.946	7080	跑步，該怎麼跑？：實戰操練手冊
B11764	528.926	7733	運動與科學