

WEIGHTLIFTING PROGRAMMING

A WINNING COACH'S GUIDE



FOREWORD BY HARVEY NEWTON

BOB TAKANO

USA WEIGHTLIFTING HALL OF FAME COACH

Weightlifting Programming A Winning Coachs Guide

Bob Takano

Weightlifting Programming A Winning Coachs Guide:

Weightlifting Programming Bob Takano,2012 Bob Takano covers the theoretical and practical issues the biological and mathematical underpinnings and provides a straightforward process for developing training programs with examples

Strength and Conditioning for Young Athletes Rhodri Lloyd,Jon Oliver,2019-08-16 Strength and Conditioning for Young Athletes Science and Application offers an evidence based introduction to the theory and practice of strength and conditioning for young athletes Fully revised and updated this second edition draws on leading research to offer a holistic approach to training centred on the concept of long term athletic development and the welfare of the young athlete With 20 new authors and 8 new chapters the book explores every key topic in strength and conditioning applied to young athletes including Growth and maturation Talent identification and talent development Monitoring and assessment Coaching young athletes Motor skill development Strength development and plyometrics Speed and agility development Metabolic conditioning Mobility and flexibility Periodisation and nutritional strategies Injury prevention and wellbeing Developing a holistic programme for young athletes Written by a team of leading international strength and conditioning experts and paediatric sport scientists the book includes expanded practical guidelines in every chapter to show how the latest scientific research can be applied by coaches to optimise young athletic potential Including sample training programmes and exercises throughout this is an essential resource for all students of strength and conditioning or paediatric exercise science as well as any coach and athletic trainer working with children and young people

Boxing Training Guide Evan T. Hayes ,2025-11-04 Unlock the proven techniques fight strategies and conditioning drills used by real fighters without ever stepping foot in a ring unless you want to Whether you re a complete beginner or building your foundation for competitive boxing this no fluff action ready guide will take you from zero to confident fighter Discover how to build real boxing skills fast starting today You don t need years of experience expensive coaching or even a gym membership to get started You need the right system Boxing Training Guide breaks down the complex sweet science into simple effective steps you can follow from home or in the gym Inside you ll learn How to master stance footwork and form so you build habits like a pro from day one Punching fundamentals jab cross hook and uppercut mechanics that deliver speed and power The secrets to fluid combos defensive counters and ring control even beginners can learn Shadowboxing bag work and partner drills that transform technique into muscle memory High performance workouts HIIT routines and strength conditioning tailored for boxers Nutrition recovery and mental focus strategies used by elite fighters A full beginner to intermediate weekly training schedule to follow Why this book is different Unlike most generic fitness guides or overly complex boxing manuals this book was designed for real beginners those who want clear instruction practical drills and motivation from day one You ll gain the confidence to punch with purpose move with intention and defend with precision If you re serious about learning how to box whether for fitness self defense competition or confidence this is the one guide that delivers results

Personal Trainer's Guide to Program

Design IDEA Health & Fitness,2002 The Modern Man's Guide to Wellness Evan T. Hayes,2025-10-30 Take control of your health sharpen your mind and reclaim your energy naturally The world has changed and so have the expectations placed on modern men Long hours chronic stress poor sleep declining energy and quick fix solutions have become the norm But what if there was a better way The Modern Man's Guide to Wellness offers a powerful holistic approach to men's health designed to restore your strength clarity and vitality for life not just the next workout or crash diet In this groundbreaking guide you'll discover a science backed homeopathy infused roadmap to build lasting wellness through natural remedies functional fitness focused nutrition and effective recovery practices Inside you'll learn Why traditional medicine alone isn't enough and how to treat the root cause not just the symptoms The 4 essential pillars of wellness fitness focus food and recovery Homeopathic and herbal remedies for energy digestion immunity sleep and mental clarity Safe and effective exercise routines tailored for busy men over 30 40 50 and beyond How to balance hormones fight inflammation and build lean strength without extreme programs The role of adaptogens daily rituals and circadian rhythm in energy and stress control Mind body strategies to improve resilience discipline and emotional balance Seasonal routines grounding practices and outdoor healing for mental recharge A customizable Wellness Toolkit with checklists quick remedies and daily habits BONUS 7 day meal plan homeopathy chart fitness power routines for longevity Whether you're an entrepreneur athlete executive or everyday man juggling life's demands this book gives you the tools to reclaim your health naturally without gimmicks or burnout Break free from exhaustion and live with focus strength and vitality This is your blueprint for becoming the healthiest version of yourself in body mind and spirit **The ITCA Guide to Coaching Winning Tennis** David Benjamin,1989 Acclaimed coaches championship players offer tips techniques for recruiting training conditioning practicing playing winning collegiate tennis

Weightlifting for Young Athletes Evan T. Hayes,2025-10-30 Weightlifting for Young Athletes Safe Strength Progressions Gym Basics The Complete Beginner's Guide to Smart Safe Strength Training for Kids and Teens Are you a parent coach or young athlete trying to navigate the world of weightlifting but unsure where to start or what's safe This step by step guide is the answer Written specifically for youth athletes Weightlifting for Young Athletes combines evidence based science with real world coaching to provide a clear age appropriate path to strength athletic performance and confidence without risking injury or burnout Whether you're training for football basketball soccer baseball or just want to build strength the right way this book will give you the tools structure and knowledge to succeed safely and progressively Inside this book you'll discover Why strength training is safe and beneficial for young athletes when done right The most common myths about kids and weightlifting debunked by science A proven progression system from bodyweight to barbell lifting Gym safety fundamentals spotting techniques and injury prevention tips Warm up routines mobility drills and recovery essentials for growing bodies Mental toughness skills confidence building habits and goal setting strategies Sport specific training tips and how to adjust programs for in season and off season Nutrition hydration and sleep strategies for growth and performance Sample 2 day

and 3 day beginner programs for busy student athletes Youth friendly equipment setups both at home and in the gym Performance tracking methods that avoid obsession and build long term motivation Whether your goal is to gain a competitive edge build a strong foundation for life or simply fall in love with the discipline of lifting this book provides the structure guidance and mindset needed to unlock your full potential without overtraining or unsafe practices Perfect for Parents who want peace of mind about youth training safety Coaches building fundamentals in middle and high school athletes Teens and tweens starting their first gym experience Sports teams preparing for long term athletic development Home trainers and garage gym families Don t leave strength development to guesswork Start smart Train safe Build confidence The right way **Olympic Weightlifting** Greg Everett,2016-01-14 Since shortly after its original release in 2008 Olympic Weightlifting A Complete Guide for Athletes covering training program design extensively including assessment for recruiting and new lifters and 16 sample training programs technical error correction supplemental exercises nutrition bodyweight manipulation and mobility It includes a thorough section on competition to prepare both lifters and coaches Provided by publisher **Scholastic Coach** ,1988 **Youth Soccer Training Workbook** Evan Hayes,2025-10-30

Youth Soccer Training Workbook Drills Tactics Practice Plans Are you tired of disorganized practices unmotivated players and slow progress on the field Most youth coaches and parents struggle with the same challenges keeping kids engaged teaching real soccer skills and structuring practices that actually improve performance This workbook solves that problem with proven drills age appropriate tactics and ready to use practice plans designed specifically for youth soccer Inside you ll discover How to run fun and effective practices with step by step drills for ball control dribbling passing shooting and defense Tactical lessons simplified for kids including positioning teamwork and small sided game strategies Weekly practice templates for U6 U8 U10 and U12 players complete with warm ups skill drills and scrimmages Creative fitness and agility games that build endurance and speed without boring repetition Printable tracking sheets checklists and goal setting tools to monitor progress and keep kids motivated This workbook isn t just about drills it s about transformation Young players develop confidence teamwork and game IQ while coaches and parents gain structure clarity and proven strategies that save time and deliver results Whether you re a new coach an experienced trainer or a parent supporting your child this book will help you create practices that kids love and that lead to real improvement on the field Perfect for categories like Soccer Coaching Youth Sports Training Coaching Children s Sports Take the guesswork out of youth soccer With this workbook in hand you ll have a complete playbook to build stronger smarter and more confident young athletes **Spalding's Official Foot Ball Guide ...** ,1919 **Athletic Journal** ,1986 **How to Organize a League, Manage a Team, Captain a Team, Coach a Team, Score a Game, Arrange Signals** J. Edward Wray,1921 **Successful Coaching** Rainer Martens,1997 Includes chapters by Brian J Sharkey on Principles of training Fitness for sport Developing your training program and Nutrition for athletes **Subject Guide to Books in Print** ,2001 **Sports Medicine Secrets** Morris B. Mellion,Margot

Putukian,2003 This user friendly new edition is updated expanded and heavily illustrated divided into 11 section headings that cover the legal psychosocial and practical aspects of sports activities in general and the injuries and benefits resulting from specific sports Sections include medical supervision of the athlete special populations conditioning environmental concerns protective equipment sports nutrition behavioral and psychological problems general medical problems overuse and trauma management approaches and techniques and specific sports *Sports Market Place* ,1998 Ironman's Home Gym Handbook Steve Holman,1990 *Coach & Athlete* ,1978 Get Ready for Soccer Mervyn Beck,1990 How to be at your best to play soccer with the aid of group and individual practises

The book delves into Weightlifting Programming A Winning Coachs Guide. Weightlifting Programming A Winning Coachs Guide is an essential topic that needs to be grasped by everyone, ranging from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Weightlifting Programming A Winning Coachs Guide, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
 - Chapter 1: Introduction to Weightlifting Programming A Winning Coachs Guide
 - Chapter 2: Essential Elements of Weightlifting Programming A Winning Coachs Guide
 - Chapter 3: Weightlifting Programming A Winning Coachs Guide in Everyday Life
 - Chapter 4: Weightlifting Programming A Winning Coachs Guide in Specific Contexts
 - Chapter 5: Conclusion
2. In chapter 1, this book will provide an overview of Weightlifting Programming A Winning Coachs Guide. The first chapter will explore what Weightlifting Programming A Winning Coachs Guide is, why Weightlifting Programming A Winning Coachs Guide is vital, and how to effectively learn about Weightlifting Programming A Winning Coachs Guide.
3. In chapter 2, this book will delve into the foundational concepts of Weightlifting Programming A Winning Coachs Guide. The second chapter will elucidate the essential principles that need to be understood to grasp Weightlifting Programming A Winning Coachs Guide in its entirety.
4. In chapter 3, this book will examine the practical applications of Weightlifting Programming A Winning Coachs Guide in daily life. The third chapter will showcase real-world examples of how Weightlifting Programming A Winning Coachs Guide can be effectively utilized in everyday scenarios.
5. In chapter 4, the author will scrutinize the relevance of Weightlifting Programming A Winning Coachs Guide in specific contexts. The fourth chapter will explore how Weightlifting Programming A Winning Coachs Guide is applied in specialized fields, such as education, business, and technology.
6. In chapter 5, the author will draw a conclusion about Weightlifting Programming A Winning Coachs Guide. This chapter will summarize the key points that have been discussed throughout the book.

This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Weightlifting Programming A Winning Coachs Guide.

<https://apps.mitogames.com.br/public/detail/default.aspx/top%20notch%20workbook%20answer%20key%20unit%209.pdf>

Table of Contents Weightlifting Programming A Winning Coachs Guide

1. Understanding the eBook Weightlifting Programming A Winning Coachs Guide
 - The Rise of Digital Reading Weightlifting Programming A Winning Coachs Guide
 - Advantages of eBooks Over Traditional Books
2. Identifying Weightlifting Programming A Winning Coachs Guide
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Weightlifting Programming A Winning Coachs Guide
 - User-Friendly Interface
4. Exploring eBook Recommendations from Weightlifting Programming A Winning Coachs Guide
 - Personalized Recommendations
 - Weightlifting Programming A Winning Coachs Guide User Reviews and Ratings
 - Weightlifting Programming A Winning Coachs Guide and Bestseller Lists
5. Accessing Weightlifting Programming A Winning Coachs Guide Free and Paid eBooks
 - Weightlifting Programming A Winning Coachs Guide Public Domain eBooks
 - Weightlifting Programming A Winning Coachs Guide eBook Subscription Services
 - Weightlifting Programming A Winning Coachs Guide Budget-Friendly Options
6. Navigating Weightlifting Programming A Winning Coachs Guide eBook Formats
 - ePUB, PDF, MOBI, and More
 - Weightlifting Programming A Winning Coachs Guide Compatibility with Devices
 - Weightlifting Programming A Winning Coachs Guide Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Weightlifting Programming A Winning Coachs Guide
 - Highlighting and Note-Taking Weightlifting Programming A Winning Coachs Guide
 - Interactive Elements Weightlifting Programming A Winning Coachs Guide

8. Staying Engaged with Weightlifting Programming A Winning Coachs Guide
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Weightlifting Programming A Winning Coachs Guide
9. Balancing eBooks and Physical Books Weightlifting Programming A Winning Coachs Guide
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Weightlifting Programming A Winning Coachs Guide
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Weightlifting Programming A Winning Coachs Guide
 - Setting Reading Goals Weightlifting Programming A Winning Coachs Guide
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Weightlifting Programming A Winning Coachs Guide
 - Fact-Checking eBook Content of Weightlifting Programming A Winning Coachs Guide
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

Weightlifting Programming A Winning Coachs Guide Introduction

In this digital age, the convenience of accessing information at our fingertips has become a necessity. Whether its research papers, eBooks, or user manuals, PDF files have become the preferred format for sharing and reading documents. However, the cost associated with purchasing PDF files can sometimes be a barrier for many individuals and organizations. Thankfully, there are numerous websites and platforms that allow users to download free PDF files legally. In this article, we will explore some of the best platforms to download free PDFs. One of the most popular platforms to download free PDF files is Project

Gutenberg. This online library offers over 60,000 free eBooks that are in the public domain. From classic literature to historical documents, Project Gutenberg provides a wide range of PDF files that can be downloaded and enjoyed on various devices. The website is user-friendly and allows users to search for specific titles or browse through different categories. Another reliable platform for downloading Weightlifting Programming A Winning Coachs Guide free PDF files is Open Library. With its vast collection of over 1 million eBooks, Open Library has something for every reader. The website offers a seamless experience by providing options to borrow or download PDF files. Users simply need to create a free account to access this treasure trove of knowledge. Open Library also allows users to contribute by uploading and sharing their own PDF files, making it a collaborative platform for book enthusiasts. For those interested in academic resources, there are websites dedicated to providing free PDFs of research papers and scientific articles. One such website is Academia.edu, which allows researchers and scholars to share their work with a global audience. Users can download PDF files of research papers, theses, and dissertations covering a wide range of subjects. Academia.edu also provides a platform for discussions and networking within the academic community. When it comes to downloading Weightlifting Programming A Winning Coachs Guide free PDF files of magazines, brochures, and catalogs, Issuu is a popular choice. This digital publishing platform hosts a vast collection of publications from around the world. Users can search for specific titles or explore various categories and genres. Issuu offers a seamless reading experience with its user-friendly interface and allows users to download PDF files for offline reading. Apart from dedicated platforms, search engines also play a crucial role in finding free PDF files. Google, for instance, has an advanced search feature that allows users to filter results by file type. By specifying the file type as "PDF," users can find websites that offer free PDF downloads on a specific topic. While downloading Weightlifting Programming A Winning Coachs Guide free PDF files is convenient, its important to note that copyright laws must be respected. Always ensure that the PDF files you download are legally available for free. Many authors and publishers voluntarily provide free PDF versions of their work, but its essential to be cautious and verify the authenticity of the source before downloading Weightlifting Programming A Winning Coachs Guide. In conclusion, the internet offers numerous platforms and websites that allow users to download free PDF files legally. Whether its classic literature, research papers, or magazines, there is something for everyone. The platforms mentioned in this article, such as Project Gutenberg, Open Library, Academia.edu, and Issuu, provide access to a vast collection of PDF files. However, users should always be cautious and verify the legality of the source before downloading Weightlifting Programming A Winning Coachs Guide any PDF files. With these platforms, the world of PDF downloads is just a click away.

FAQs About Weightlifting Programming A Winning Coachs Guide Books

What is a Weightlifting Programming A Winning Coachs Guide PDF? A PDF (Portable Document Format) is a file format developed by Adobe that preserves the layout and formatting of a document, regardless of the software, hardware, or operating system used to view or print it. **How do I create a Weightlifting Programming A Winning Coachs Guide PDF?** There are several ways to create a PDF: Use software like Adobe Acrobat, Microsoft Word, or Google Docs, which often have built-in PDF creation tools. Print to PDF: Many applications and operating systems have a "Print to PDF" option that allows you to save a document as a PDF file instead of printing it on paper. Online converters: There are various online tools that can convert different file types to PDF. **How do I edit a Weightlifting Programming A Winning Coachs Guide PDF?** Editing a PDF can be done with software like Adobe Acrobat, which allows direct editing of text, images, and other elements within the PDF. Some free tools, like PDFescape or Smallpdf, also offer basic editing capabilities. **How do I convert a Weightlifting Programming A Winning Coachs Guide PDF to another file format?** There are multiple ways to convert a PDF to another format: Use online converters like Smallpdf, Zamzar, or Adobe Acrobat's export feature to convert PDFs to formats like Word, Excel, JPEG, etc. Software like Adobe Acrobat, Microsoft Word, or other PDF editors may have options to export or save PDFs in different formats. **How do I password-protect a Weightlifting Programming A Winning Coachs Guide PDF?** Most PDF editing software allows you to add password protection. In Adobe Acrobat, for instance, you can go to "File" -> "Properties" -> "Security" to set a password to restrict access or editing capabilities. Are there any free alternatives to Adobe Acrobat for working with PDFs? Yes, there are many free alternatives for working with PDFs, such as: LibreOffice: Offers PDF editing features. PDFsam: Allows splitting, merging, and editing PDFs. Foxit Reader: Provides basic PDF viewing and editing capabilities. How do I compress a PDF file? You can use online tools like Smallpdf, ILovePDF, or desktop software like Adobe Acrobat to compress PDF files without significant quality loss. Compression reduces the file size, making it easier to share and download. Can I fill out forms in a PDF file? Yes, most PDF viewers/editors like Adobe Acrobat, Preview (on Mac), or various online tools allow you to fill out forms in PDF files by selecting text fields and entering information. Are there any restrictions when working with PDFs? Some PDFs might have restrictions set by their creator, such as password protection, editing restrictions, or print restrictions. Breaking these restrictions might require specific software or tools, which may or may not be legal depending on the circumstances and local laws.

Find Weightlifting Programming A Winning Coachs Guide :

top notch workbook answer key unit 9

toshiba nb200 manual

toshiba manual btd r16

top literature books

tool and equipment manual a320

toshiba e studio 255 scanning guide

toshiba satellite a305d s6848 manual

topology munkres solution manual download

toshiba estudio 283 full service manual

topic 10 acids bases and salts answer key

toro gts5 manual

toro groundsmaster 4500 d 4700 d service repair workshop manual

tory burch retail training manual

torrent audi a2 service repair workshop manual

tos manual lathes

Weightlifting Programming A Winning Coachs Guide :

0001534504-16-000130.txt ... V7J6K7 M6L9#I9;V.-Y*5I60E9/ M*4C]I7

.<#'RK)_TNNEQ'#,*IOT:W1>8C2/%T^M8=:<1CQ&A!2\$<^6[S57) MU.DMTZRD=#3:Z%RPS59D]Z[OAYIMJ\$K.''V
J.>ZQ7GY[['AG3@D^449EJ> M9 ... Конкурс будет 5 дней кто сделает пишите в комментариях я ... Share your videos
with friends, family, and the world. ⚡- Real Money Scratchcards Online - Play With Bitcoin ⚡- Real Money
Scratchcards Online - Play With Bitcoin ⚡ · v7j6k7-wud5s Purchase quantity:5699 · igfxru-4j13z Purchase quantity:7321 ...
Domains v7j - Whois lookup Whois info of domain · Search whois domains with v7j · Alternative domains. Theory Of
Vibrations With Applications 5th Edition ... Access Theory of Vibrations with Applications 5th Edition solutions now. Our
solutions are written by Chegg experts so you can be assured of the highest ... Theory of Vibration With Application 5th
Solution PDF Theory of Vibration With Application 5th Solution PDF | PDF | Nature | Teaching Mathematics. Theory of
Vibration With Application 5th Solution | PDF Theory of Vibration with application 5th Solution - Free ebook download as
PDF File (.pdf) or read book online for free. Solution manual for the 5th edition ... Solutions to Theory of Vibration with
Applications 5e ... These are my solutions to the fifth edition of Theory of Vibration with Applications by Thomson and
Dahleh. Solution Manual-Theory of Vibration With Application-3rd- ... Solution Manual-Theory of Vibration With
Application-3rd-Thomson. Solution Manual-Theory of Vibration With Application-3rd-Thomson. Theory of vibration with
applications : solutions manual Theory of vibration with applications : solutions manual. Authors: William Tyrrell Thomson,

Marie Dillon Dahleh. Front cover image for Theory of vibration ... (PDF) Theory of vibration with application 3rd solution Theory of vibration with application 3rd solution. Theory of Vibration with Applications: Solutions Manual Title, Theory of Vibration with Applications: Solutions Manual. Author, William Tyrrell Thomson. Edition, 2. Publisher, Prentice-Hall, 1981. Theory of Vibration with application 5th Solution - dokumen.tips DESCRIPTION. Solution manual for the 5th edition of theory of vibration with application. Citation preview. Page 1. Page 1: Theory of Vibration with ... Theory Of Vibration With Applications (Solutions Manual) Theory Of Vibration With Applications (Solutions Manual) by William T. Thomson - ISBN 10: 013914515X - ISBN 13: 9780139145155 - Prentice Hall - Softcover. MODEL 210 NOTE: DO NOT destroy any part of this manual. It contains pertinent information on parts, operation and maintenance of your TYMCO REGENERATIVE AIR SWEEPER and ... Training & Service School | Maintenance & OEM Parts As part of the TYMCO family, we provide multiple support tools including training/service school, OEM parts, maintenance, leasing, and more. Model 210 Parking Lot Sweepers | Manufacturer | Texas The Model 210® Parking Lot Sweeper is a powerful and maneuverable parking lot sweeper featuring height clearance of 6'6" and 2.4 cubic yard hopper. TYMCO Sweeper Model Specs, Brochures & Videos Find specific product brochures, specifications, fact sheets, and video demonstrations for all of our regenerative air sweepers. Model 210h Parking Lot Sweepers | Manufacturer | Texas The Model 210h® Parking Lot Sweeper is powered by the TYMCO hDrive Power System and is an optimized hydraulic power system designed for parking lots. Seasonal Maintenance & Service Tips for TYMCO Sweepers Your TYMCO Parts and Service Manual contains leaf sweeping settings for the pick-up head. ... Model 210 · Model 435 · Model 500x · Model 600 · Model DST-4 ... MODEL 210h® REGENERATIVE AIR SWEEPER® Aug 21, 2017 — sweeper troubleshooting with LED diagnostics. Specific to the Model 210h, BlueLogic communicates with the truck to engage PTO, maintain ... OEM Replacement Parts for TYMCO Street Sweepers TYMCO manufactures OEM replacement parts including pick-up head curtains, blower wheels, hoses, and brooms to keep your sweeper running smoothly. TYMCO, the inventor of the Regenerative Air System, ... Navigation is very intuitive and allows quick access to menu pages such as User Settings, Sweeper. Statistics, and Engine Fault Status. Digital gauges on the ... MODEL 210® REGENERATIVE AIR SWEEPER® © TYMCO, Inc. 2018 All rights reserved 1/26/18. 1-800-258-9626. This product ... Specifications subject to change without notice. GENERAL SPECIFICATIONS. 210®