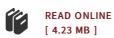




Weight Training For Dummies (4th Revised edition)

By LaReine Chabut, Liz Neporent, Suzanne Schlosberg, Shirley J. Archer

John Wiley & Sons Inc. Paperback. Book Condition: new. BRAND NEW, Weight Training For Dummies (4th Revised edition), LaReine Chabut, Liz Neporent, Suzanne Schlosberg, Shirley J. Archer, Tone up, burn calories, stay strong Weight Training For Dummies makes it easy to get startedwith weight training by offering trusted and straightforwardguidance on the latest circuit and resistance training, and all-newinformation on the highly popular bodyweight and High IntensityInterval Training (HIIT). Whether you're working with dumbbells,free weight sets, or machines, you'll find out how to combineweight training with other exercise to properly strength train andget in the best shape of your life. Along with aerobic exercise and flexibility, body weighttraining is an integral part of a complete physical activityprogram. But with all the different equipment and techniquesavailable, getting started can feel overwhelming. Want to getpumped about weight training? Consider these facts: strengthtraining, whether via free weights or a machine, builds muscle. Andthe more muscle you have, the higher your metabolism and the lessprone you are to injuries in and out of the gym. Plus,strength training promotes bone strength, which can significantlyreduce your odds of developing osteoporosis. If that's not enough,strength training unlike cardio workouts likerunning reaps benefits almost immediately. So what are...



Reviews

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