



Weight Training For Dummies

Georgia Rickard, Liz Neporent, Suzanne Schlosberg

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Feel strong, toned and terrific with the latest moves in strength training

Whether you're a beginner who doesn't know a barbell from a chocolate bar, a fitness junkie looking to expand your knowledge on weight training, or you're recovering from an injury and need to rebuild strength, this book is for you. Find out how to use exercise machines and weights at the gym and design a workout to do at home.

- Know your way around a gym — learn all the weight lifting lingo, equipment and etiquette
- Help control your weight — raise your basal metabolism and burn fat, not muscle, while eating right
- Keep your bones healthy — maintain bone density and reduce your risk of developing osteoporosis
- Track your progress — use a daily workout log to track your journey from soft to strong
- Stay motivated — try a blend of machines, free weights, balls, bands and classes to keep your workout interesting
- Improve your heart health — work your heart and lungs with aerobic exercise to complement your strength training
- Exercise safely — follow step-by-step instructions on how to train without hurting yourself
- Mix up your weight training — improve your balance and coordination with yoga and Pilates moves

Open the book and find:

- More than 150 weight training exercises with photos
- The latest in equipment, including free weights and machines
- The best moves for working your core
- Information on toning and strengthening without bulking up
- How to find a fitness trainer
- The latest exercise DVDs to hire, buy or download
- The lowdown on exercise deals and duds
- Current data on nutritional supplements

Learn to:

- Customise a safe and effective exercise program to suit your lifestyle
- Use free weights, kettlebells and more to target specific areas
- Complement your workout with Pilates and yoga
- Balance your diet to fuel your workout

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Irving Hansen:

People live in this new day time of lifestyle always try and and must have the free time or they will get great deal of stress from both lifestyle and work. So , if we ask do people have extra time, we will say absolutely without a doubt. People is human not a robot. Then we inquire again, what kind of activity are you experiencing when the spare time coming to you actually of course your answer may unlimited right. Then ever try this one, reading books. It can be your alternative inside spending your spare time, often the book you have read is Weight Training For Dummies.

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