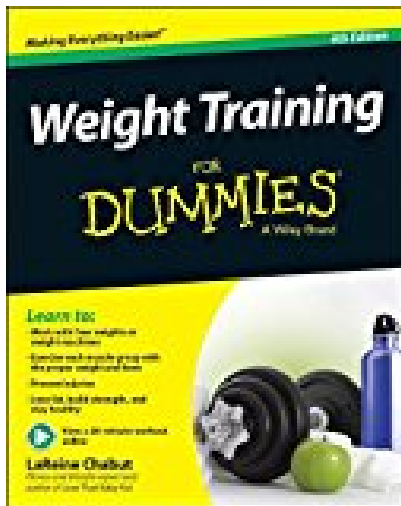


# Weight Training For Dummies

---



## BOOK DETAILS

- Author : LaReine Chabut
- Pages : 384 Pages
- Publisher : For Dummies
- Language : English
- ISBN : 1118940741

[↓ DOWNLOAD](#)

## BOOK SYNOPSIS

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

**WEIGHT TRAINING FOR DUMMIES** - Are you looking for Ebook Weight Training For Dummies? You will be glad to know that right now Weight Training For Dummies is available on our online library. With our online resources, you can find Applied Numerical Methods With Matlab Solution Manual 3rd Edition or just about any type of ebooks, for any type of product.

Best of all, they are entirely free to find, use and download, so there is no cost or stress at all. Weight Training For Dummies may not make exciting reading, but Applied Numerical Methods With Matlab Solution Manual 3rd Edition is packed with valuable instructions, information and warnings. We also have many ebooks and user guide is also related with Weight Training For Dummies and many other ebooks.

We have made it easy for you to find a PDF Ebooks without any digging. And by having access to our ebooks online or by storing it on your computer, you have convenient answers with Weight Training For Dummies. To get started finding Weight Training For Dummies, you are right to find our website which has a comprehensive collection of manuals listed.