



## The Complete Idiot's Guide to Weight Training

By Johns, Cane Deirdre

ALPHA, 1999. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: In the old days, a weight room was the exclusive realm of hardcore bodybuilders who communicated in grunts and aimed to be the size of small buildings. Now research tells us that weight-training can benefit everyone: it works in conjunction with aerobic activity to build lean body mass (in other words, muscle!), strengthen the heart, and burn fat. The Complete Idiot's Guide to Weight Training is a fun, easy to follow guide to pumping up for everyone, whether you're aiming to get ripped or just want a little tone. The book covers weight-training machines versus free weights; how to set one's weight and reps (and then adjust them as one progresses); the pros and cons of powders, potions, and other supplements like creatine; how to choose a personal trainer; and injury prevention. For both beginning and advanced weight-trainers, The Complete Idiot's Guide to Weight Training is one mega-sized gym buddy.



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