



If You Like Exercise . Chances Are You re Doing It Wrong: Proper Strength Training for Maximum Results

By Gary Bannister

iUniverse, United States, 2013. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.In If You Like Exercise. Chances Are You re Doing It Wrong, author Gary Bannister tells us that the power-to-be have all but destroyed the value of muscle isolation, discredited the use of machines in general, ignored everything related to the work of Arthur Jones and replaced it with a ten-cent solution. He claims that until the field of exercise defines what is true and what is not, it will never have the impact that it could. Muscle strength, the only factor that can produce human movement and the only factor that performs work, is disappearing from today s training regimens. This study and guide analyzes current concepts and training systems-such as Pilates, functional training TRX, cross-training, kettlebells, and more-and compares their benefits to those of proper strength training to provide a clear picture for everyone. If You Like Exercise. Chances Are You re Doing It Wrong rekindles the high intensity strength-training principles of Arthur Jones, the founder of Nautilus. Bannister focuses on the concepts of intensity, form, frequency, duration, number of repetition, speed if movement, and muscle...



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Reviews

I actually started looking over this publication. It really is rally interesting throgh studying period. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Dana Hintz

Good electronic book and valuable one. It really is basic but unexpected situations in the 50 percent in the pdf. You wont really feel monotony at at any moment of your time (that's what catalogues are for concerning when you ask me).

-- Elisa Reinger