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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 started with weight training by offering trusted and straightforward guidance on the latest circuit and resistance training, and all-new information on the highly popular bodyweight and High Intensity Interval Training (HIIT). Whether you're working with dumbbells, free weight sets, or machines, you'll find out how to combine weight training with other exercise to properly strength train and get in the best shape of your life. Along with aerobic exercise and flexibility, body weight training is an integral part of a complete physical activity program. But with all the different equipment and techniques available, getting started can feel overwhelming. Want to get pumped about weight training? Consider these facts: strength training, whether via free weights or a machine, builds muscle. And the more muscle you have, the higher your metabolism and the less prone you are to injuries in and out of the gym. Plus, strength training promotes bone strength, which can significantly reduce your odds of developing osteoporosis. If that's not enough, strength training unlike cardio workouts like running reaps benefits almost immediately. So what are...



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