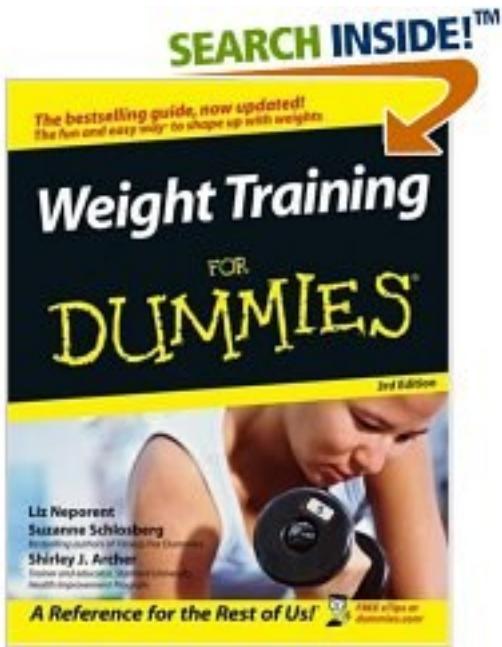


# The Weight Training Diary for Dummies



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Get fit with For Dummies guides! Weight Training For Dummies, 2nd Edition by Liz Neporent and Suzanne Schlosberg Fitness For Dummies, 2nd Edition by Suzanne Schlosberg and Liz Neporent Workouts For Dummies by Tamilee Webb Set goals - track progress - see results! Take your weight training program to the next level Weight training can help you increase your strength, stamina, and flexibility. But how do you set up a program, and stick to it? Don't sweat it! With this handy journal - filled with savvy tips and advice - you can customize your fitness routine, set and monitor your training goals, and stay motivated! Discover how to: Assess your fitness goals Create a workout schedule Warm up and cool down Monitor your training progress Use proper weight room etiquette Get smart! [www.dummies.com](http://www.dummies.com)

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标签

健身

评论

Nothing special, just indulge in weight training.

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书评

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