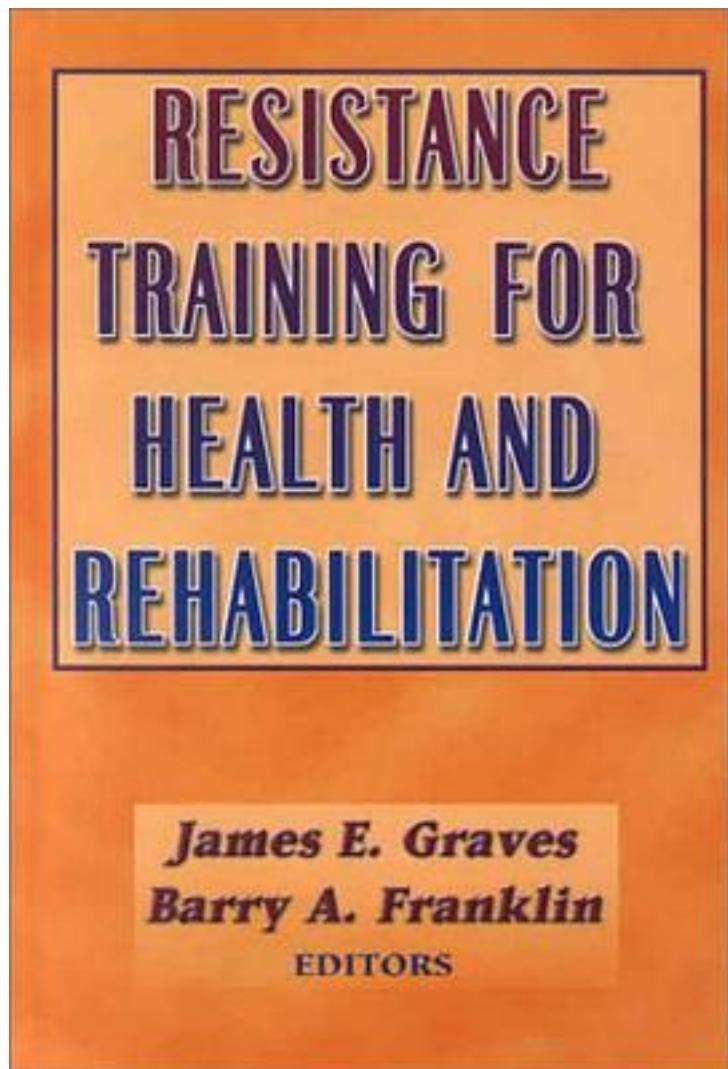


Resistance Training for Health and Rehabilitation



[Resistance Training for Health and Rehabilitation 下载链接1](#)

著者:Graves, James E., Ph.D. (EDT)/ Franklin, Barry A. (EDT)

出版者:Human Kinetics Publishers

出版时间:2001-08

装帧:Hardcover

isbn:9780736001786

This text addresses the expanding role of resistance training for health, disease prevention and rehabilitation. It presents a rationale for including resistance training as a health benefit, pointing out positive changes in cardiovascular function, metabolism, coronary risk factors and psychosocial well-being for individuals with and without disease.

作者介绍:

目录:

[Resistance Training for Health and Rehabilitation_ 下载链接1](#)

标签

运动

英语

评论

[Resistance Training for Health and Rehabilitation_ 下载链接1](#)

书评

[Resistance Training for Health and Rehabilitation_ 下载链接1](#)