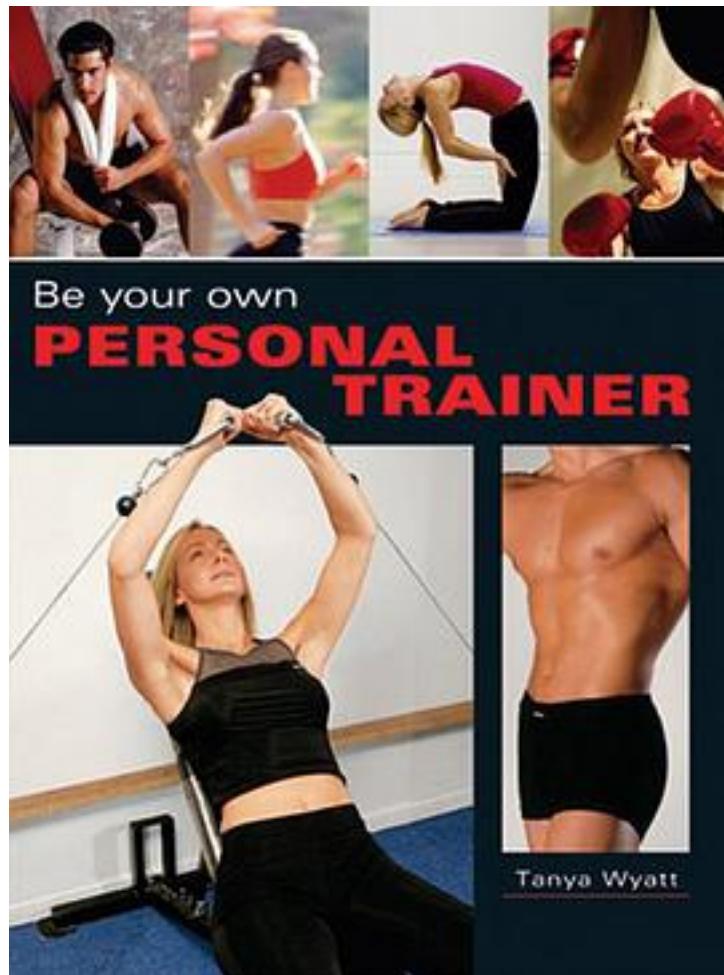


Be Your Own Personal Trainer



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Get fit sensibly with this personal trainer in a book. Begin with self-assessment questionnaires that help you ascertain your current fitness level, target areas of

weakness, and determine an appropriate fitness routine. Next, simple but effective exercises prepare the body's core for the full workouts to come. Some 300 color photographs and illustrations demonstrate proper form and function, while empowering advice and a professional trainer's tips help you get and stay motivated. Strength training, aerobics for endurance and cardiovascular health, and special stretches to increase flexibility safely are all covered, as are exercise equipment, nutrition, and the specific considerations of pregnant or older participants.

作者介绍:

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