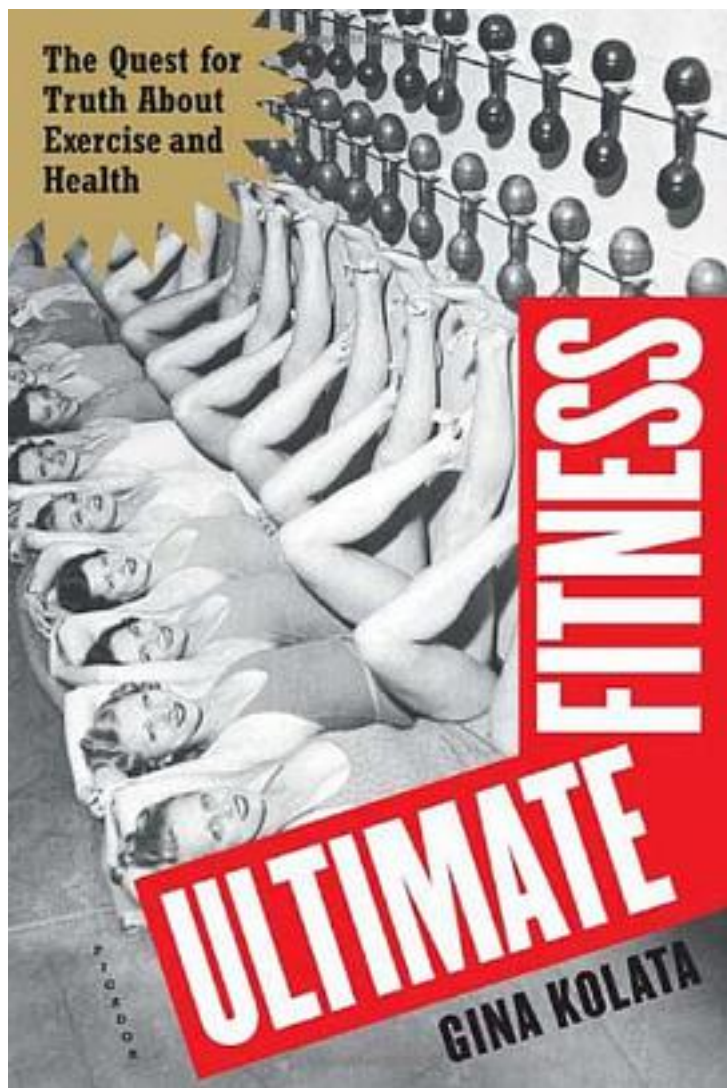


Ultimate Fitness



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著者:Kolata, Gina

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From the highly acclaimed "New York Times" science writer Gina Kolata, the book for people who love exercise as much as they value the truth.

In "Ultimate Fitness," Gina Kolata, science reporter for "The New York Times," takes a fascinating journey into the fads, fictions, and genuine innovations that have defined the world of physical fitness. From weight lifting for men and women in the early days, to jogging in the 1970s, cycling in the 1980s, aerobics in the 1990s, and now Spinning, Kolata explains the science of conditioning and the objective evidence behind commonly accepted prescriptions.

"Ultimate Fitness" is also a book about the individuals who have challenged and influenced or failed to influence the industry, and the many of us who have participated in

this multimillion-dollar corner of American culture.

作者介绍:

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