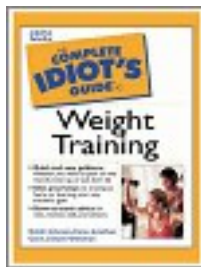


# The Complete Idiot's Guide to Weight Training Illustrated, 3rd Edition



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We' ve beefed up ... with all new photos. Both newbies and gym rats will want to get their hands on this updated edition. Now with an easier-to-use format, this guide gives each exercise a full 2-page spread, adding over new 300 photos. Included are additional exercises for all major muscle groups (incorporating bands, balls, and other non-traditional equipment), a section on bringing the gym experience home, and up-to- the-minute information on taking supplements. -Earlier editions of this book have sold extremely well -Includes a 2-color interior, oversized trim with more than 300 photos -The International Health, Racquet, and Sportsclub Association estimates that the U.S. commercial health club industry generated \$12.7 billion in total revenues in 2003 (+6.0%), despite an overall flat economy -A national study conducted by American Sports Data, Inc., found that the number of health club patrons climbed 6% to 59.4 million people in 2003, and U.S. membership is up 62% from a decade ago

作者介绍:

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