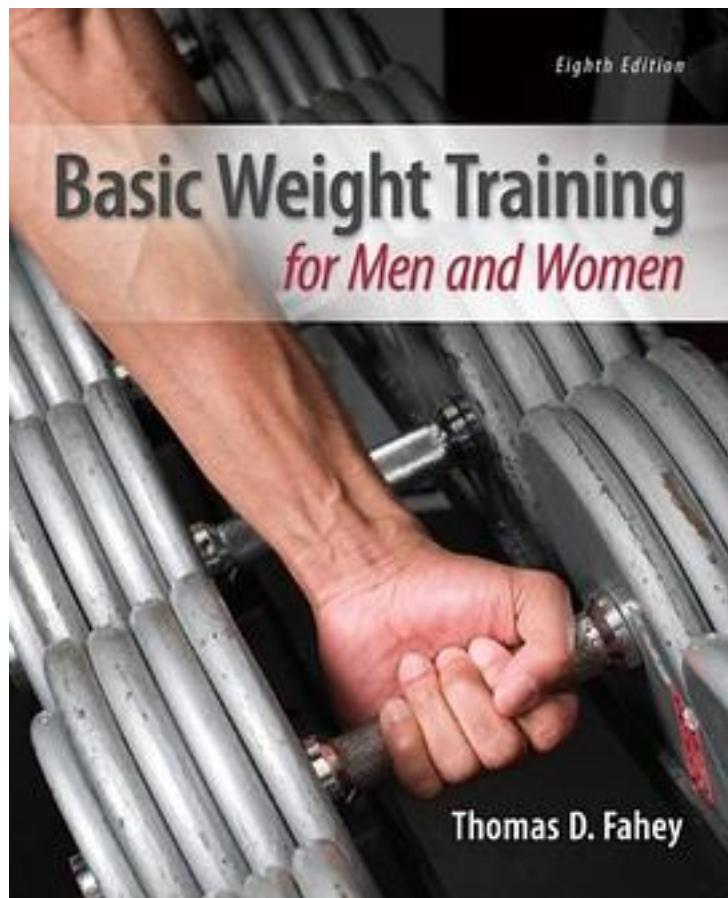


Basic Weight Training for Men and Women



[Basic Weight Training for Men and Women](#) [_ 下载链接1](#)

著者:Fahey, Thomas D.

出版者:McGraw-Hill College

出版时间:2006-2

装帧:Pap

isbn:9780073046884

This popular text for is a comprehensive, practical guide to developing a personalized weight-training program with both free weights and machines. Weight training concepts and specific exercises are grouped by body region, and many photographs, illustrations, diagrams, and figures demonstrate proper technique and form.

作者介绍:

目录:

[Basic Weight Training for Men and Women 下载链接1](#)

标签

评论

[Basic Weight Training for Men and Women 下载链接1](#)

书评

[Basic Weight Training for Men and Women 下载链接1](#)