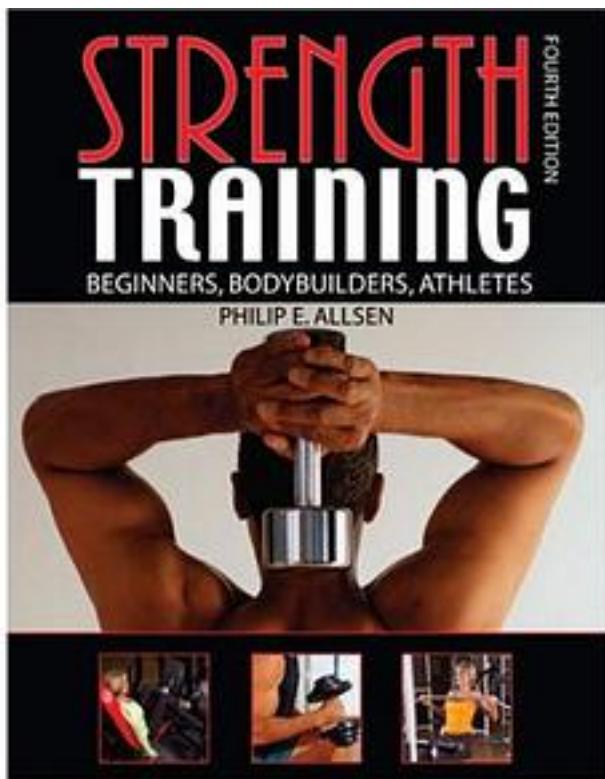


# Strength Training



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著者:National Strength & Conditioning Association

出版者:Human Kinetics

出版时间:2006-11

装帧:Pap

isbn:9780736060592

Aimed at recreational athletes, fitness enthusiasts and anyone with an interest in strength training, this work provides current and accurate information on all aspects of muscle strength and development. A range of flexible programme options and exercises using machines, free weights and other apparatus allow the reader to customise training to suit personal preferences and individual strength goals. It is suitable for newcomers to strength training, as well as those looking to fine-tune an existing programme.

作者介绍:

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