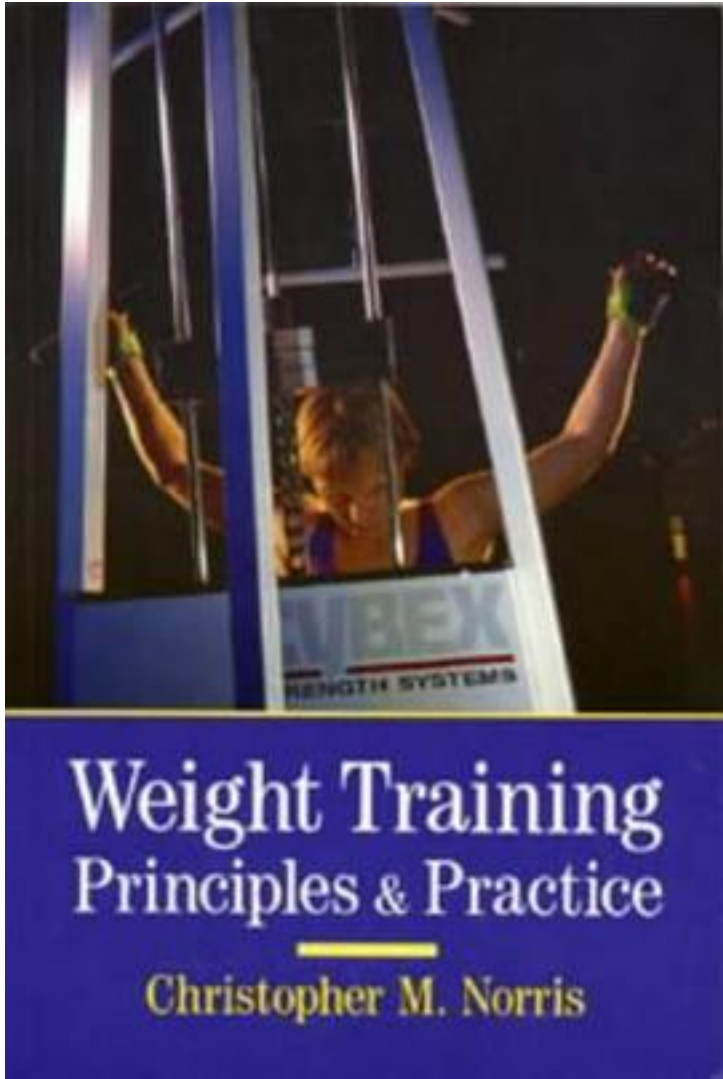


Weight Training



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Aimed at beginners in weight training and those with moderate experience who want to learn how to design their own training programmes. This book provides readers with detailed instruction to the techniques and principles behind productive weight training. It includes exercises using both free weights and machine equipment, allowing readers to tailor their workout based on personal preference and the equipment available. This book demonstrates exercises designed to work all muscles, including the chest, back, shoulders, upper arms, lower arms, upper legs, lower legs, abdomen and full-body exercises. It explains the principles of programme design and how to vary the intensity of training, allowing readers to tailor a programme to their specific goals.

作者介绍:

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