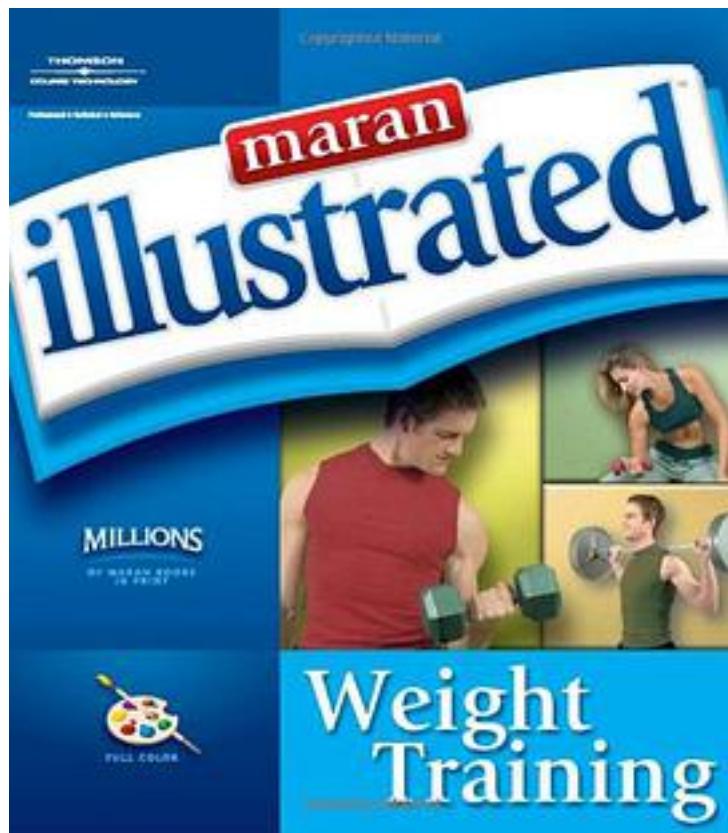# Maran Illustrated Weight Training

[Maran Illustrated Weight Training_下载链接1_](#)

著者:MaranGraphics Development

出版者:Course Technology Ptr

出版时间:2005-3

装帧:Pap

isbn:9781592008667

Produced by the award-winning maranGraphics Group, Maran Illustrated Guide to Weight Training is a valuable resource for all readers, regardless of age or fitness level. Clear, step-by-step instructions walk the reader through each exercise from beginning to end, while photographs and illustrations show you the targeted muscles for each exercise and how to help prevent injury. Thorough topic introductions and useful tips provide additional information and advice to enhance the readers' weight training

experience and help meet their individual needs. Maran Illustrated Guide to Weight Training is packed with information useful to readers who are just beginning to make weight training a part of their health regime. For readers who have been weight training for some time, the book is ideal as a refresher course on proper form and will present new exercises that even experienced weight trainers can add to their routines.

作者介绍:

目录:

[Maran Illustrated Weight Training_下载链接1_](#)

标签

评论

[Maran Illustrated Weight Training_下载链接1_](#)

书评

[Maran Illustrated Weight Training_下载链接1_](#)