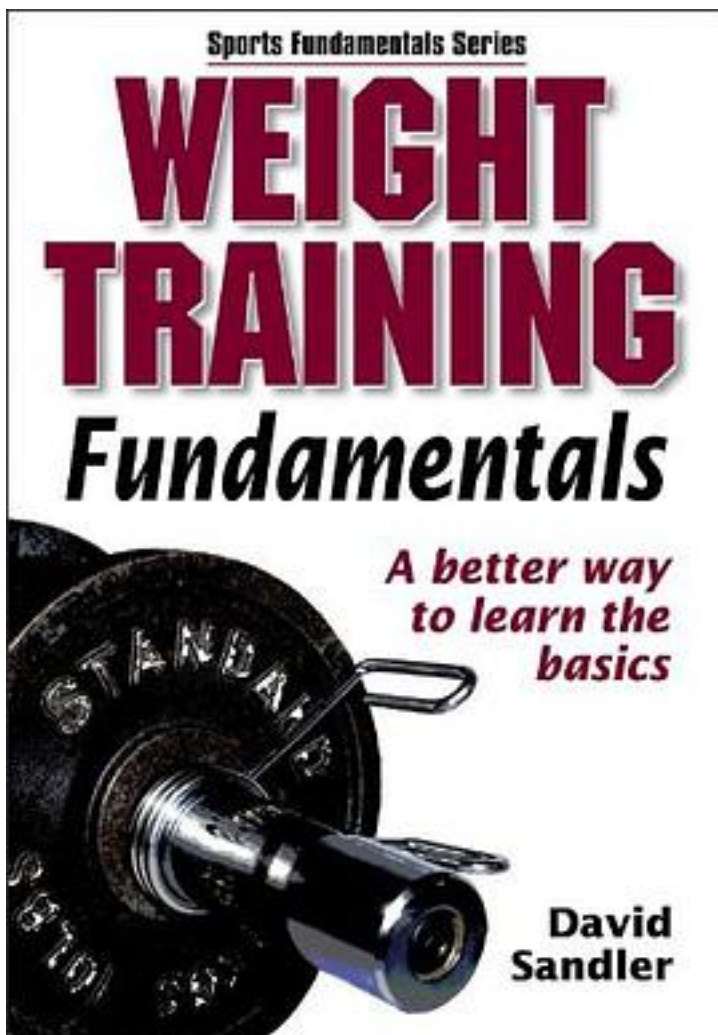


Weight Training Fundamentals



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著者:Sandler, David

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This book features essential weight lifting techniques for both free weight and machine

exercises. David Sandler presents clear explanations and illustrations of exercises for each major muscle group. Common weight training principles, gradual progressive overload, individuality and specificity as well as adaptation are all covered. The text also offers information on warm-ups, stretching and cooling down and sample programmes and information on developing a programme to fit personal fitness goals.

作者介绍:

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