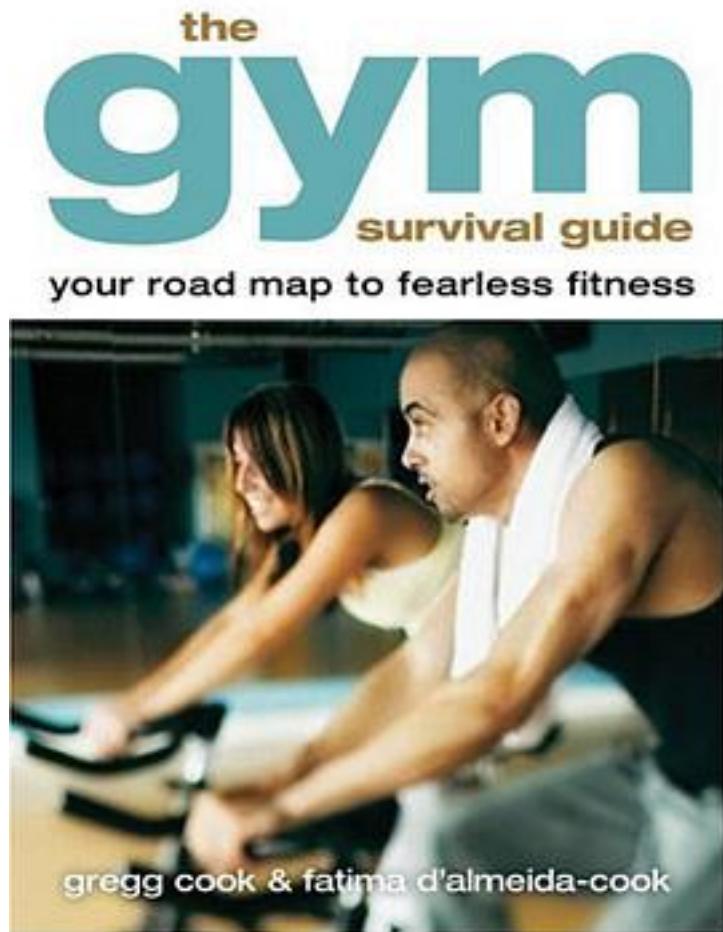


# The Gym Survival Guide



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Yoga, kickboxing, spinning, weights, cardio machines: the gym can leave novices bewildered! What is all that equipment for - and how do you use it? This survival

manual is the antidote to gym confusion. It shows newcomers the ropes, getting them fearlessly on the road to becoming healthier, slimmer and stronger. From an overview of membership types (including questions to ask before signing) to help on determining your goals, from creating a well-rounded fitness programme to thoroughly illustrated explanations of every type of class and equipment, this volume has it all. There's information on resistance, cardiovascular, core, and flexibility training and you'll even find a "Code of Gym Conduct."

作者介绍:

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