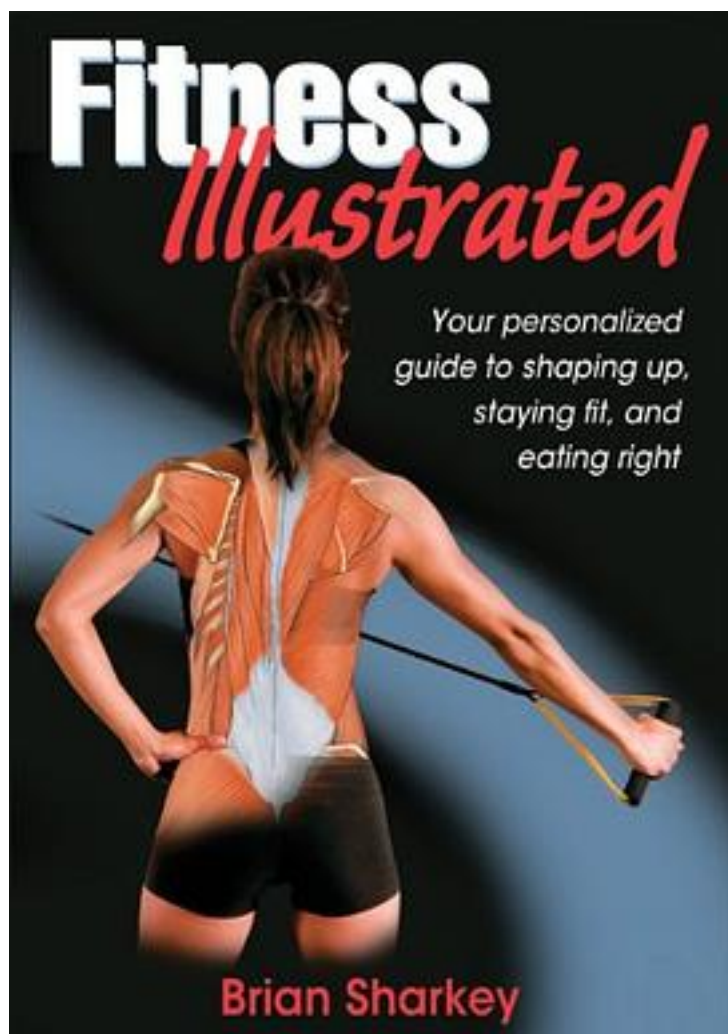


Fitness Illustrated



[Fitness Illustrated_ 下载链接1_](#)

著者:Brian Sharkey

出版者:Human Kinetics

出版时间:2010-10-8

装帧:Paperback

isbn:9780736081580

Tired of the same old fitness advice? You know the drill: eat less, exercise more, and life

will be grand? Sounds easy enough, so why don't the results follow? And most of all, what can you do to achieve your fitness goals? "Fitness Illustrated" allows you to see exercise and activity from a whole new perspective. In this one-of-a-kind guide, author Brian Sharkey takes you inside each type of activity to show you what works, what doesn't, and why! You'll go beyond the basics to see how your body changes with increased activity and how muscles gain size and strength to the effect of aerobic activity on heart and lung function. This is fitness as you have never seen it before.

作者介绍:

目录:

[Fitness Illustrated 下载链接1](#)

标签

fitness

评论

Very general on topics like aero, muscular training . Nutrition. A beginner book, good illustration

[Fitness Illustrated 下载链接1](#)

书评

[Fitness Illustrated 下载链接1](#)