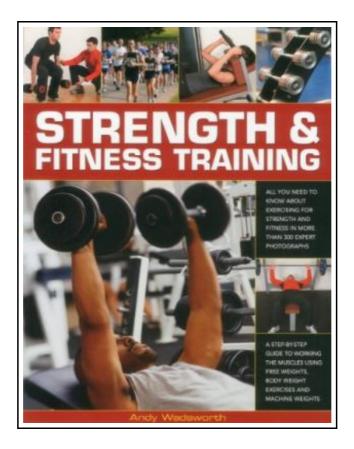
# Strength & Fitness Training: All You Need to Know About Exercising for Strength and Fitness in More Than 300 Expert Photographs



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### Reviews

Basically no words to clarify. Of course, it is perform, still an amazing and interesting literature. Its been printed in an exceptionally basic way which is only soon after i finished reading through this ebook where actually altered me, change the way i really believe.

(Newton Runolfsson)

# STRENGTH & FITNESS TRAINING: ALL YOU NEED TO KNOW ABOUT EXERCISING FOR STRENGTH AND FITNESS IN MORE THAN 300 EXPERT PHOTOGRAPHS



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Anness Publishing. Paperback. Book Condition: new. BRAND NEW, Strength & Fitness Training: All You Need to Know About Exercising for Strength and Fitness in More Than 300 Expert Photographs, Andy Wadsworth, This title offers all you need to know about exercising for strength and fitness in more than 300 expert photographs. Improve your body shape, get stronger bones and muscles, and increase your energy levels with targeted resistance training, at home or in the gym. This title covers all the key types of resistance equipment including barbells, dumbbells, machines and weights. It describes how effective exercise is vital for weight loss and weight maintenance. Clear instructions guide you through the correct technique for each exercise, with more than 300 step-by-step photographs. It offers expert and safe advice for everyone, from beginner to practised weight trainer. Exercises are geared to decrease your chance of injury and reduce muscle and joint pains. Metabolic rate inevitably declines as you age but regular strength training can reverse this decline and result in a stronger musculoskeletal system. This practical guide to strength and fitness training will improve your overall physical fitness and metabolism, as well as benefitting your balance, co-ordination and posture. The book tells you all you need to know about the equipment you need and the techniques to use, the correct footwear, and warming up. Illustrated with more than 300 step-by-step photographs, this guide will help you to make a positive impact on your physical fitness.

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