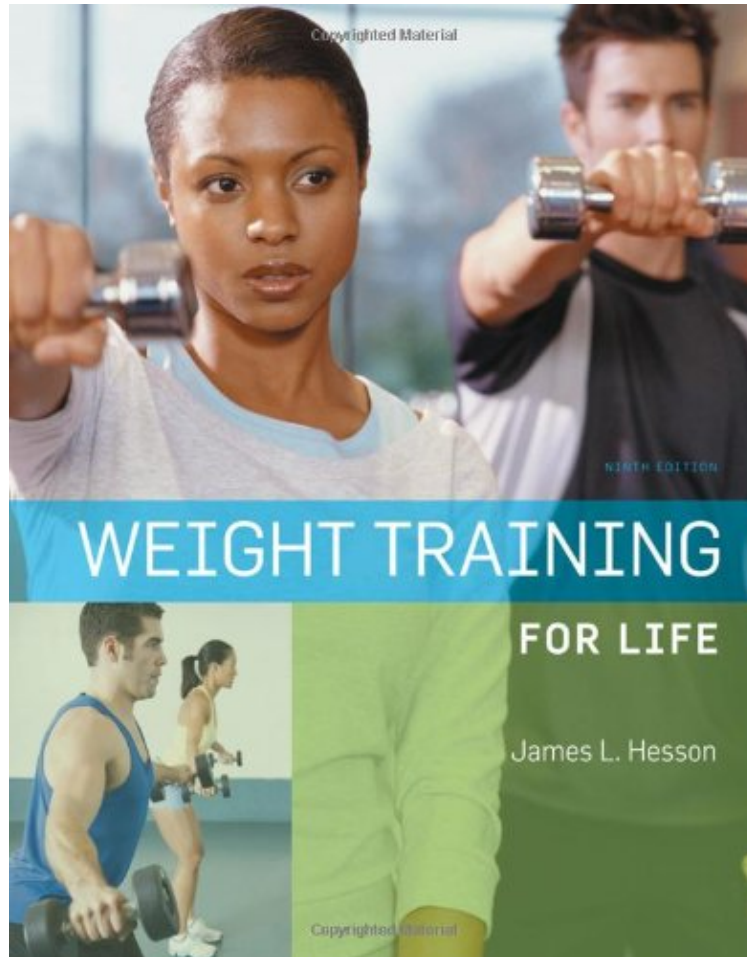


(Ebook pdf) Weight Training for Life

Weight Training for Life

James L. Hesson

ebooks | Download PDF | *ePub | DOC | audiobook



[Download](#)

[Read Online](#)

#1088614 in Books 2009-02-19Original language:EnglishPDF # 1 .50 x 8.70 x 10.60l, .90 #File Name: 0495559091178 pages | File size: 29.Mb

James L. Hesson : Weight Training for Life before purchasing it in order to gage whether or not it would be worth my time, and all praised Weight Training for Life:

5 of 5 people found the following review helpful. Nice picture book of weight training exercisesBy AlchymystLet's face it, if you are buying this, it is probably for a class and you don't need a review as it is required. I was skeptical about getting a "textbook" for weight training (what's there to study? lift weight. repeat.) but learned quite a lot about how muscle development works. Some of the instructions are pretty obvious - don't overtrain, be careful, etc. but the book provides many useful illustrations of correct form for virtually every exercise you would want to do in a weight training program, including many variations for each. Also helpful is the descripton of exactly which muscles are developed by each exercise. I was going to trade this in, but decided to keep it because I may want to add different exercises to my routine as time goes on. As usual, shipping was prompt and trouble-free.0 of 0 people found the following review helpful. Great book, Matchbook pricing NOT available though the item description states this is the caseBy visorvetGreat book, but the product description states Matchbook pricing is available and that is NOT the

case.0 of 0 people found the following review helpful. BEST EVERBy In Elvis LandMy husband and I joined a gym but didn't know which machines were for which parts of the body. This book was MORE than helpful with meaningful pictures. I say this even after we've been taking private weight training lessons for three months now!

Learn how to design and maintain a safe, personalized, effective, and enjoyable weight-training program with **WEIGHT TRAINING FOR LIFE!** Practical, visual, and clear, this best-selling book is ideal for anyone interested in learning about weight training. Preparing you to plan your own weight training programs for a lifetime of fitness, this book builds a solid foundation of current knowledge and practice in weight training for men and women of all ages and skill level. The book contains hundreds of full-color photos demonstrating exercises and proper techniques. It also contains forms for writing goals, planning a personal weight-training program, and recording circumference, strength, and muscle endurance measurements. Once you've read this text, you'll see how weight training, done properly, can be a fun, beneficial, and lifelong activity.

About the AuthorDr. James Hesson has been weight training continuously since 1960 and had been teaching weight training since 1964. He has taught men and women of all ages, from beginners to elite athletes. His passion and purpose is motivating and inspiring others to achieve personal success in life.