



Weight Training: Steps to Success (4th Revised edition)

By Thomas R. Baechle, Roger W. Earle

Human Kinetics Publishers. Paperback. Book Condition: new. BRAND NEW, Weight Training: Steps to Success (4th Revised edition), Thomas R. Baechle, Roger W. Earle, Take the guesswork out of strength training with this no-nonsense guide, 200,000 readers can't be wrong! Take the guesswork out of strength training and understand the details of proper exercise technique, weight loads and reps. The no-nonsense approach of "Weight Training: Steps to Success" has guided more than 200,000 readers to their strength training goals and it will do the same for you! Combining the experience of strength and conditioning experts, this guide will maximize your development with a progressive approach to weight training using either free weights or machines. Learn which exercises target which muscles and how to perform each one correctly and safely. Gain insight on how to eat smart to maximize results and follow the step-by-step directions to calculate safe training loads, and design an overall training programme that fits your interests and training preferences. Publicity and reviews of this title are in strength and fitness magazines including "Men's Health", "Health & Strength Magazine", "Muscle & Fitness" and "FitPro". It is featured at fitness events including the annual FitPro Convention and the UKSCA Conference....



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