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Weight Training for Women: A Beginner's Guide

By Lesley Harrison

Need2Know. Paperback. Book Condition: new. BRAND NEW, Weight Training for Women: A Beginner's Guide, Lesley Harrison, Staying fit and healthy is essential if you want to get the most out of life. Weight training is one of the best forms of exercise and, if done correctly, will leave you looking and feeling great. Many women avoid weight training because of concerns about the effect they think it might have on their appearance, or because they are worried about injury. This book will help to allay those concerns, and explain how to lift weights safely and effectively. Weight Training for Women - A Beginners Guide covers the most useful weight training exercises, how to train safely, how to select the right equipment and how to choose a training program that suits your needs, whether you are training for fat loss, physique or sport. Clear illustrations will help you understand the exercises and how to perform them correctly and safely, as well as how to use them to tone and strengthen your body and improve your health and wellbeing.



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