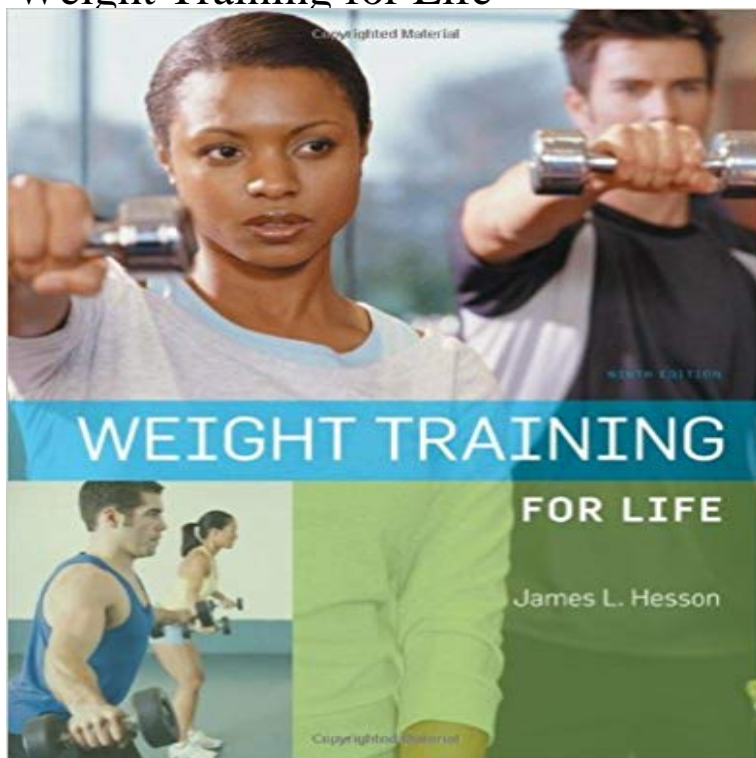


Weight Training for Life



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.

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