



Smart Guide to Getting Strong and Fit

By Carole Bodger, Michael Cader

John Wiley and Sons Ltd, United States, 1998. Paperback. Book Condition: New. New.. 231 x 188 mm. Language: English . Brand New Book ***** Print on Demand *****.Smart Advice on designing a surefire, step-by-step plan for making safe and effective exercise a regular part of your lifeSmart Strategies for breaking old habits and replacing them with a customized, easy-to-follow fitness planSmart Tips on being strong, staying young, and looking terrific An all-you-need-to-know introduction to making safe and effective exercise a regular and rewarding part of your lifeSmart Strategies for achieving optimum health through a focus on cardiovascular fitness, musculoskeletal function, and body compositionSmart Tips on getting the most out of weight training, aerobic fitness, abdominal work, stretching, and moreSmart Advice on how to inject painless bits of fitness-enhancing physical activity into every part of your day-and how to make the best use of your gym workoutSmart Definitions of plyometrics, Spinning, circuit and interval training, anaerobic exercise, and much moreQuick reading and easy referencing with a comprehensive index and loads of sidebars and tablesSmart Guides take readers seriously. They satisfy even the most curious person's desire to know the essentials about any of a wide range of topics-from vitamins to...



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Want to get strong like these LEGOs but don't know how to start? In this Beginner's Guide to Strength Training (part of our Strength 101 series), you'll have both the confidence to start getting strong with resistance training AND a plan to follow. These are the exact strategies we use with our Online Coaching Clients to help them start strength training, and I'm excited to cover everything you need. Let us build a strength training workout for you that fits your busy life! Learn more: Which Strength Training Program is Right for Me? If your main goal is to get stronger and/or put on muscle, following a more traditional, pure-strength-style gym workout is going to get you there faster. TRUTH BOMB: ANY strength training workout will help you reach nearly any goal provided you do two things Polar's FitSpark's daily training guide offers you ready-made workouts that match your recovery and readiness. Find out more! Say goodbye to workout planning stress. When it's time to get your sweat on, FitSpark workouts are ready for you. Ready-made workouts every day. FitSpark offers you different types of workouts to choose from every day. The workouts are easily available on your sports watch. Work out without burnout. FitSpark workouts are optimized to match your recovery, fitness level and training history. Real-time workout guidance. Your watch guides you through each session so you can focus on the best part: the joy of working out. Workouts with variation. FitSpark keeps your training versatile with different Strength training isn't just about getting stronger. Being able to conjure bigger, better feats from your muscles is impressive; but it's so much more than. Being stronger and fitter than before is just a bonus – albeit an incredible one. What is strength training? Strength training isn't a gimmick – it's exactly what you'd expect. The name says it all; you are literally training to become stronger, by putting a demand to adapt on your body. Strength training can be summarized into two things: Moving your body against resistance. Being smart and respecting your abilities should keep you safe and working out for years to come. It's all about pushing yourself to progress, without compromising safety. So, start with bodyweight, before progressing to weightlifting or resistance bands. Smart Guide to getting strong and fit. Item Preview. remove-circle.