

Strength Training Essentials - 7 Day Workout Plan (Paperback)



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Reviews

Great electronic book and useful one. It can be written in straightforward terms rather than difficult to understand. Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Kian Harber)

STRENGTH TRAINING ESSENTIALS - 7 DAY WORKOUT PLAN (PAPERBACK)



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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Table of Contents Getting Started Chapter # 1: Introduction Chapter # 2: Specificity Chapter # 3: Overload Chapter # 4: Progressive Overload 7 Day Workout Chapter # 1: Introduction Chapter # 2: Monday Chapter # 3: Wednesday Chapter # 4: Friday Chapter # 5: Sunday Conclusion Author Bio References Publisher Introduction As the name suggests, strength training is a type of exercise or training routine that focuses on increased levels of strength in muscles to enhance one s performance level, as well as prevent chances of injury. One of the primary goals of strength training is to make a person strong enough to withstand high levels of competition and enhance his/her level of confidence.A plentiful amount of commitment can make a person jump higher, run swifter, and swim faster. This type of training can be done in a lot of ways, either in the form of a group, or individually, or setting time limits. A person usually starts out with lower weights in combination with high repetitions, then with the passage of time, advances to higher weights with lower repetitions.



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