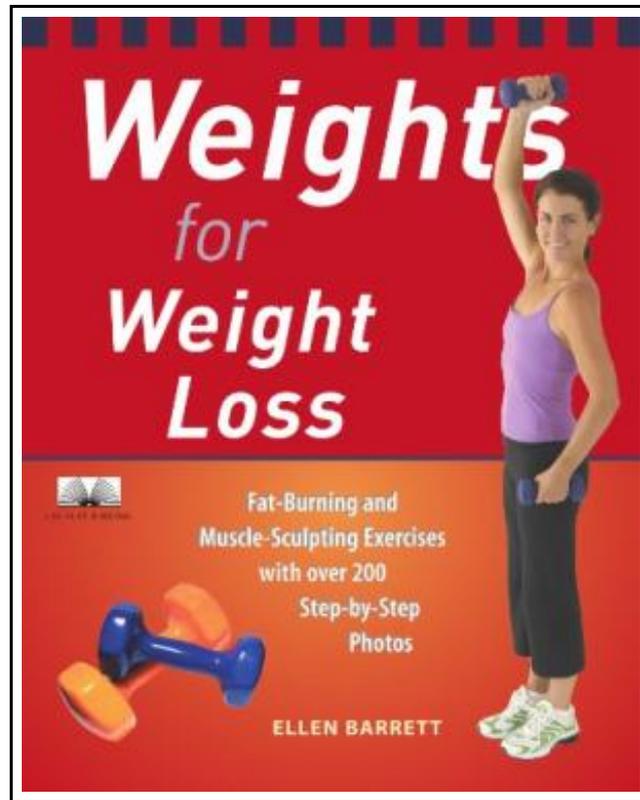# Weights for Weight Loss: Fat-burning and Muscle-sculpting Exercises with Over 200 Step-by-step Photos

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Reviews

These types of book is the greatest ebook readily available. I was able to comprehended every little thing using this published e pdf. I realized this pdf from my dad and i encouraged this publication to discover.

(Dr. Porter Mitchell)

WEIGHTS FOR WEIGHT LOSS: FAT-BURNING AND MUSCLE-SCULPTING EXERCISES WITH OVER 200 STEP-BY-STEP PHOTOS

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Ulysses Press. Paperback. Book Condition: new. BRAND NEW, Weights for Weight Loss: Fat-burning and Muscle-sculpting Exercises with Over 200 Step-by-step Photos, Ellen Barrett, Everyone knows that dieting without exercise doesn't work. But not all exercises are equally effective. "Weights for Weight Loss" explains why weight training is the best way to get in shape and provides readers with a comprehensive program that will guarantee success. The author dispels the five myths of weight training (fat turns to muscle, lifting makes for bulky muscles, weights are for men, it's easy to get hurt, heavier is better) and details the numerous benefits of building muscles, such as gaining more energy and a more youthful appearance, and - most importantly - greater fat loss with less effort. The book features exercises for all levels of fitness, from beginner to advance. Each exercise is clearly explained with step-by-step instructions and photos that show proper technique. "Weights for Weight Loss's" specialty programs include "The 10-Minute Body Blitz," which hits all the major muscle groups; and "The 30-Minute Cardio Circuit," where exercises are performed at a fast pace with no rest in between.

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