



Weight Training For Dummies

LaReine Chabut

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Tone up, burn calories, stay strong

Weight Training For Dummies makes it easy to get started with weight training by offering trusted and straightforward guidance on the latest circuit and resistance training, and all-new information on the highly popular bodyweight and High Intensity Interval Training (HIIT). Whether you're working with dumbbells, free weight sets, or machines, you'll find out how to combine weight training with other exercise to properly strength train and get in the best shape of your life.

Along with aerobic exercise and flexibility, body weight training is an integral part of a complete physical activity program. But with all the different equipment and techniques available, getting started can feel overwhelming. Want to get pumped about weight training? Consider these facts: strength training, whether via free weights or a machine, builds muscle. And the more muscle you have, the higher your metabolism and the less prone you are to injuries—in and out of the gym. Plus, strength training promotes bone strength, which can significantly reduce your odds of developing osteoporosis. If that's not enough, strength training—unlike cardio workouts like running—reaps benefits almost immediately. So what are you waiting for? *Weight Training For Dummies* has everything you need to get started.

- Provides examples and directions for powerful 20-minute weight training routines for the time challenged
- Features advice to help you choose a weight training system that you enjoy and that fits into your lifestyle
- Includes new coverage devoted to warm-ups and the hottest and most beneficial stretches
- Introduces using weight training to address specific health or orthopedic conditions

Whether you're already in the gym several times a week or are just starting out with a fitness routine, *Weight Training For Dummies* shows you how to use free weights or weight machines to get results—fast.

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