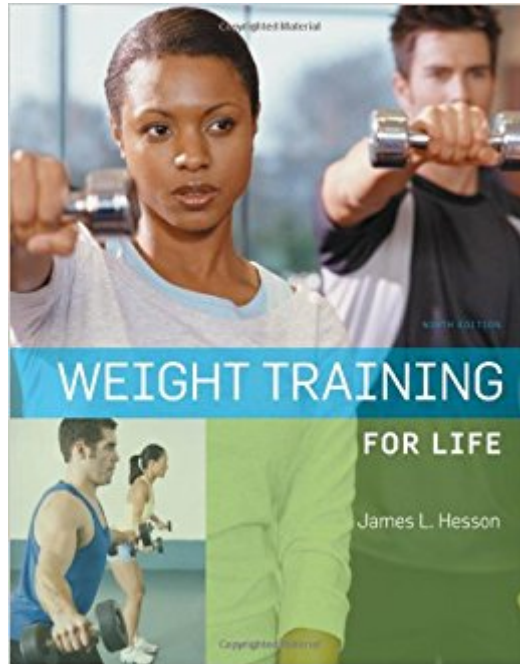




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Weight Training For Life



Synopsis

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.

Book Information

Spiral-bound: 178 pages

Publisher: Brooks Cole; 9 edition (February 19, 2009)

Language: English

ISBN-10: 0495559091

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Product Dimensions: 10.6 x 8.7 x 0.5 inches

Shipping Weight: 9.6 ounces

Average Customer Review: 4.3 out of 5 stars 27 customer reviews

Best Sellers Rank: #483,885 in Books (See Top 100 in Books) #103 in [Books > Textbooks > Medicine & Health Sciences > Nursing > Clinical > Nutrition](#) #149 in [Books > Medical Books > Nursing > Medical Nutrition](#) #559 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Weight Training](#)

Customer Reviews

Dr. James Hesson has been weight training continuously since 1960 and had been teaching weight training since 1964. He has taught men and women of all ages, from beginners to elite athletes. His passion and purpose is motivating and inspiring others to achieve personal success in life.

Let's face it, if you are buying this, it is probably for a class and you don't need a review as it is required. I was skeptical about getting a "textbook" for weight training (what's there to study? lift weight. repeat.) but learned quite a lot about how muscle development works. Some of the instructions are pretty obvious - don't overtrain, be careful, etc. but the book provides many useful

illustrations of correct form for virtually every exercise you would want to do in a weight training program, including many variations for each. Also helpful is the description of exactly which muscles are developed by each exercise. I was going to trade this in, but decided to keep it because I may want to add different exercises to my routine as time goes on. As usual, shipping was prompt and trouble-free.

Great book, but the product description states Matchbook pricing is available and that is NOT the case.

My husband and I joined a gym but didn't know which machines were for which parts of the body. This book was MORE than helpful with meaningful pictures. I say this even after we've been taking private weight training lessons for three months now!

I enjoyed this book a lot.

This is a good beginner training book, it is well rote with a lot of good exercises for the different muscle groups, and free weights as well as exercise machines!

Good

I got an A in the class even though the class was calling for the 10th edition. I don't know what I was missing between the two editions, but apparently I didn't need it.

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