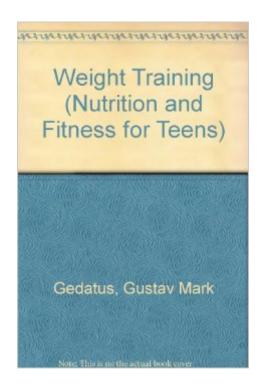
The book was found

Weight Training (Nutrition And Fitness)





Synopsis

Explains how weight training contributes to fitness, and also reviews proper nutrition, supplements, setting up a program, and describes how to lift and gives examples of basic exercises.

Book Information

Series: Nutrition and Fitness Library Binding: 64 pages Publisher: Capstone Press (January 1, 2001) Language: English ISBN-10: 073680708X ISBN-13: 978-0736807081 Product Dimensions: 9.3 x 7.3 x 0.4 inches Shipping Weight: 10.4 ounces Average Customer Review: Be the first to review this item Best Sellers Rank: #2,040,529 in Books (See Top 100 in Books) #33 in Books > Teens > Personal Health > Fitness & Exercise #351 in Books > Health, Fitness & Dieting > Exercise & Fitness > For Children

Download to continue reading ...

Weight Watchers: 23 Healthy Snacks To Lose Weight Fast: (Weight Watchers Simple Start ,Weight Watchers for Beginners, Simple Start Recipes) (Weight ... Simple Diet Plan With No Calorie Counting) Weight Training (Nutrition and Fitness) Weight Watchers Smoothies: 77 Weight Watchers Low Calorie Smoothie Recipes: (Weight Watchers Simple Start ,Weight Watchers for Beginners, Simple Start ... Simple Diet Plan With No Calorie Counting) Weight Watchers Diet Box Set: (3 in 1) Weight Watchers Freezer Meals, Weight Watchers Pressure Cooker & Weight Watchers Dutch Oven Recipes Dog Training: A Step-by-Step Guide to Leash Training, Crate Training, Potty Training, Obedience and Behavior Training Nutrition and Weight Management (Healthy Eating: A Guide to Nutrition) Juicing for Weight Loss: Unlock the Power of Juicing to Lose Massive Weight, Stimulate Healing, and Feel Amazing in Your Body (Juicing, Weight Loss, Alkaline Diet, Anti-Inflammatory Diet) (Volume 1) African Dance Trends (Dance and Fitness Trends) (Dance & Fitness Trends) The World of Crossfit (Dance and Fitness Trends) (Dance & Fitness Trends) Fitness Launch Formula: The no fear, no b.s., no hype, action plan for launching a profitable fitness business in 60 days - from someone who's done it. Fitness business in 60 days or less - from someone

who's done it The Complete Strength Training Workout Program for Cross Fit: Develop More Power, Speed, Agility, and Flexibility Through Strength Training and Proper Nutrition Summer Fit First to Second Grade: Math, Reading, Writing, Language Arts + Fitness, Nutrition and Values Summer Fit Sixth to Seventh Grade: Math, Reading, Writing, Language Arts + Fitness, Nutrition and Values Nutrition, Food, and Fitness: Student Activity Guide Motivational Interviewing in Nutrition and Fitness (Applications of Motivational Interviewing (Paperback)) The Entrepreneur Diet : The On-the-Go Plan for Fitness, Weight Loss and Healthy Living (Entrepreneur Magazine) Fitness & Nutrition (Young Adult's Guide to the Science of Health) Nutrition for Health, Fitness & Sport Puppy Training Guide 4th Edition: The Ultimate Handbook to Train Your Puppy in Obedience, Crate Training, and Potty Training

<u>Dmca</u>