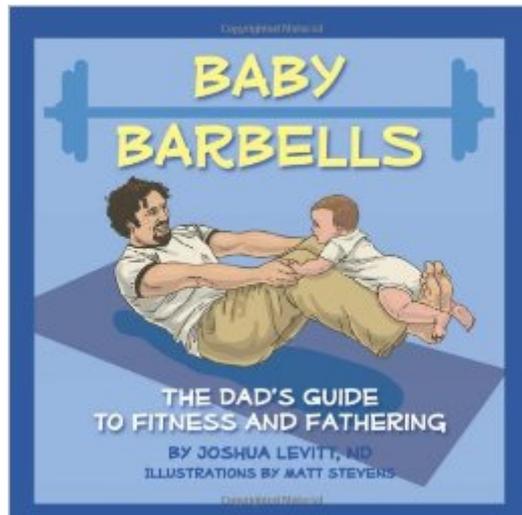


The book was found

# Baby Barbells: The Dad's Guide To Fitness And Fathering



## Synopsis

There are plenty of books and DVDs that show women how to exercise with their baby to get back in shape. But what about the poor neglected dad? The truth is, "raising" one's children comes naturally to fathers, and this book provides new dads with a spontaneous, healthy, and fun way to engage with their babies and young children. With funky, retro-cool, full-color illustrations, *Baby Barbells* not only shows men how to work their biceps and quads, but more importantly provides amusing yet poignant advice on bonding with baby and becoming a great dad. With its soft, subtle humor and meaningful guidance, *Baby Barbells* combines parenting, fitness, and health into a playful series of exercises--all in a contemporary, appealing package.

## Book Information

Board book: 40 pages

Publisher: Running Press; Brdbk edition (April 26, 2011)

Language: English

ISBN-10: 0762440554

ISBN-13: 978-0762440559

Product Dimensions: 7 x 6.9 x 1.2 inches

Shipping Weight: 1.2 pounds

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (35 customer reviews)

Best Sellers Rank: #1,036,307 in Books (See Top 100 in Books) #106 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Pregnancy](#) #803 in [Books > Parenting & Relationships > Family Relationships > Fatherhood](#)

## Customer Reviews

Dr. Levitt's first book, "Baby Barbells: The Dad's Guide to Fitness and Fathering" is phenomenal. Not only does Dr. Levitt give great ideas for how to interact physically with your baby in a way that keeps your body strong and toned, but it also gives great advice for all fathers. With pages dedicated to "staying present during your time with your child" and "remembering to support your exhausted wife and do a little extra around the house", this is much, much more than a fitness book. It is also a board book, so it will last a long time, and survive enthusiastic book loving babies. The text is easy to read and brief, allowing for a quick read for even the most exhausted or busy dad. One last bonus: This is a book mom's will love and learn from as well. Bravo Dr. Levitt. This book is a breath of fresh air!

Ok so the concept is great but the book is small and the exercises are limited. Being active with your children is great so I will give it four stars. I guess it maybe ok for you depending on your fitness level. I like intensity and do Crossfit a lot so it was just not enough for me. Just don't expect anything amazing out of it and you should be fine.

I love this book, It is a treat and a treasure. Baby Barbells: The Dad's Guide to Fitness and Fathering by Dr. Josh Levitt packs a punch of wit and wisdom about parenting and family health. The writing style is charming, very instructive and the drawings are awesome. My recommendation: buy a bunch of these delightful books and gift them to the guys you love. Tova Pollen Airmont, New York

I love that this book is made just like a baby book; hard cardboard pages and great pictures. Cleverly written and my husband liked that it had some good workouts for him to use while playing with baby. I bought it for Father's Day and it was a hit for everyone at the table!

This is the first fathering book that I have ever read that I truly got good advice from. The author's recommendations are down to earth, clearly written, and well thought out. He explains why he makes these specific recommendations. The board book format is both quirky and practical, and the entire product is well-designed and well manufactured. I will be buying additional copies for friends who become fathers.

you can tell this was made in China. The American babies are ugly old men. lol BUT...as a note about the product. It's a pic picture book like it's for a toddler, which is okay. However....my daughter uses it more than my son-in-law. Guess you can lead a horse to water but you can't make it drink.... lol

I bought this for my husband for Christmas, who will be a first time daddy in a few months, thinking it would be a little bit of a light-hearted nod to what's to come. He is very fitness oriented so I liked the connection between baby and staying active. What I didn't expect was the really good tips on being an involved dad. It's easy to read and has a good message, turned out to be a really great gift, better than I even expected.

The book was simple to understand and very light reading. It makes a great gift to new parents, both

mum and dad. So many ideas for dads to get involved and mums can take a leaf out of the exercise section for post natal exercise and weightloss.

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Baby Barbells: The Dad's Guide to Fitness and Fathering Baby Names : Unusual and Surprising baby names with their meanings (FREE BONUS): Baby Names : Baby names 2016 (Baby names, baby names book, baby names ... names and meanings, baby names book free,) Homemade Baby Food: 17 Wholesome Baby Food Recipes for Easy, Nutritious, and Delicious Homemade Baby Food (How to Make Baby Food) Pregnancy: Childbirth, Motherhood, and Nutrition - Everything You NEED to Know When Having A Baby (Breastfeeding, Newborn, Infant Care, Baby Names, Baby Food, First Time Mom, Baby's First Year) Fathering Your Toddler Pilates and Bodyweight Exercises: 2-in-1 Fitness Box Set: Shred Fat, Look Great (Pilates Exercises, Bodyweight Exercises, Fitness Program, HIIT Program, ... Muscle Building, Lean Body, Total Fitness) Introducing Solids & Making Your Own Organic Baby Food: A Step-by-Step Guide to Weaning Baby off Breast & Starting Solids. Delicious, Easy-to-Make, & Healthy Homemade Baby Food Recipes Included. Essential Oils For Babies: The Ultimate Guide On How To Use Essential Oils For Your Baby To Maximize His Health (Aromatherapy, Baby Health, Natural Remedies, Baby Care) Baby Names: Baby Names for Boys and Girls, Baby Name Meanings, and Name Origins! DIY Baby Food: The Fastest, Easiest And Most Healthy DIY Baby Food Recipes (Homemade Baby Food - All Natural - Organic Recipes - Healthy Infants) Your Mini Notebook! For Dad!: For Dad, always The Very Embarrassing Book of Dad Jokes: Because Your Dad Thinks He's Hilarious Tim Kaine Is Your Nice Dad: a work of dad fiction Baby Signs: How to Talk with Your Baby Before Your Baby Can Talk, Third Edition Dude, You're a Dad!: How to Get (All of You) Through Your Baby's First Year Ideal Protein Cookbook - The Ultimate Guide in Protein for Fitness Health and Wellness: The Ultimate Guide in Protein for Fitness Health and Wellness The Surf Girl Guide To Surf Fitness: An Inspirational Guide to Fitness and Well-being for Girls Who Surf Pre- And Post-Natal Fitness: A Guide for Fitness Professionals from the American Council on Exercise Fitness: The Complete Guide, Official Text for Issa International Sports Science Association Certification Course for Fitness Trainers Bounce Back Into Shape After Baby: The Ultimate Guide to a Fun-Filled, Time and Energy Efficient Workout-With Your Baby

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