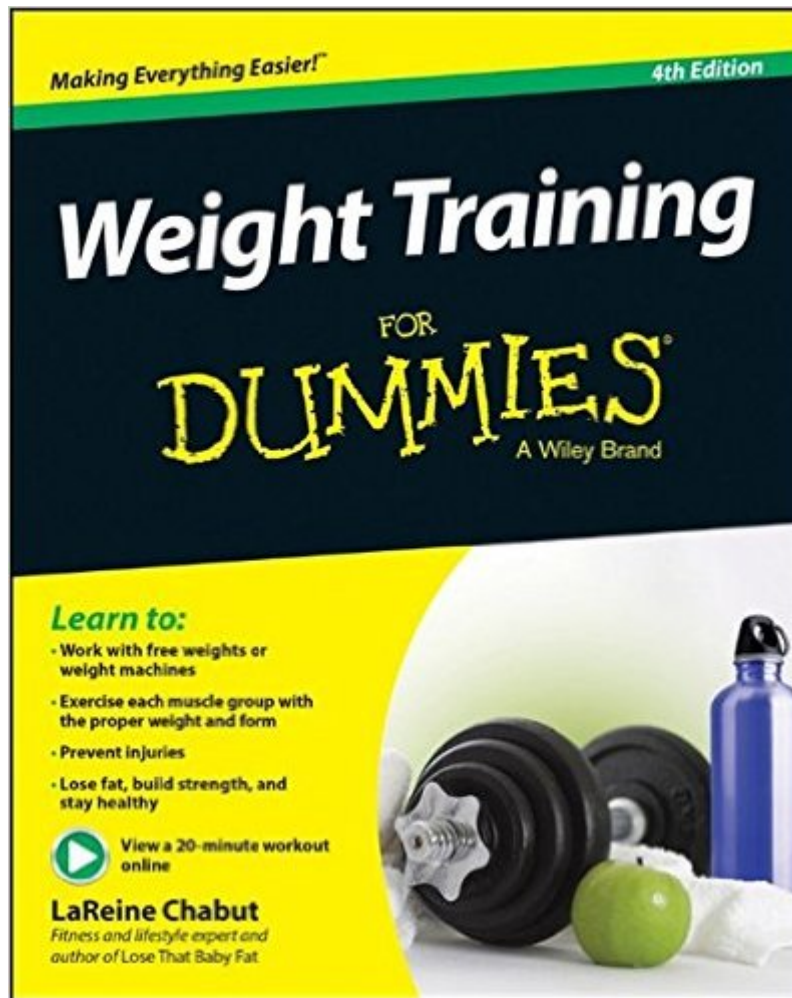


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# Weight Training For Dummies



## Synopsis

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 injuriesâ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 trainingâunlike cardio workouts like runningâ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 resultsâfast.

## Book Information

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## Customer Reviews

I have been lifting weights for 10 years. I realize now that I am one of the dummies that this book is aimed at. Just because you know how to pick up heavy objects doesn't mean you know how to lift weights. Everyone knows that if you move weight around repeatedly you will grow stronger. However, whatever you think you know, you may not be aware of proper technique to maximize the results from your workout, or to minimize injury. Small differences in range of motion can be the difference between good technique and an injury-causing faux pas. This book lays out very clearly what to do, how to do it, and why. The book is laid out into five parts. The first two are essentially basic information as to why to use weights, discussions about repetitions and sets, how weight training actually works, so your workouts can be geared towards efficiently achieving results. Part two is setting up a gym or what to look for choosing a health club. The third part lays out exercises for each set of muscle groups, one chapter at a time: back, chest, shoulders, arms, abdominals, butt and legs, core strength, and stretching. The fourth section discusses workout programs for different goals: basic workouts, 20 minute workout, more advanced workouts, family workouts, workouts for older people, and one chapter on yoga and Pilates for flexibility. The last part discusses 10 things to do with exercise bands, and 10 things to do with exercise balls. Long ago, I damaged my shoulder using improper technique. ("Weight-lifter's shoulder" my orthopedist called it). Now I understand what I did. There is no going back, but at least from here on I can proceed with better knowledge of how to avoid future injuries, and maximize the benefits from the time I spend working out.

If you've ever bought any of the "Dummy" series books, you realize that when the title says "for Dummies", what they really mean is "for Beginners". This book, "Weight Training for Dummies (4th Edition)" by LaReine Chabut follows that formula. It breaks down Weight Training down to its very essential beginnings, from explaining the terms, differentiating between the various types of equipment, advice on either setting up your own home gym or using a commercial fitness center, using free weights versus a machines, and so on. While I'm not a raw beginner, I'm not too far above that rating, as I haven't done weight training in years, and then it was more to tone-up versus muscle-up. So, as I'm now again interested in getting stronger and more fit, this book has everything I need to know for sensible weight training. One interesting thing in the book were a couple of charts where you could evaluate your upper-body and abdominal strength, for both men and women. For example, for upper body strength, to be rated as

â œexcellentâ •, you would need to be able to do 55+ push-ups if you were from 20-29 years old, or 35+ push-ups if you were 50-59. As an aside, lâ™m in my 50â™s, and it was a little startling to see how much lâ™ve â œlostâ • in potential, in comparative terms. As could be expected, the book offers exercises for all muscle groups and for special situations, such as after having a baby. It also offers tips on adding Yoga and Pilates into the mix, and on using exercise balls. It's pretty much for all ages, all body types, all fitness levels. The book is literally packed with great tips, explanations, and examples. The author writes in an easy to understand, concise manner, and doesnâ™t talk down to her audience. I believe that this book is both good for beginners and intermediate-level people who want to get more fit using a weight training regimen. I highly recommend this book. Five stars.

I'm new to weight training, as my wife got me into kettlebells just a few months ago to complement my cycling and aerobic exercises. Now, we are looking at converting one room of our home to a home gym, and we want to expand our equipment and weight training. I thought this book might be a good reference. Within minutes of opening this book, I knew it would be PERFECT! It covers everything from why you would want to weight train, to basic principles and terminology, to personal strength testing before you get started, to safety and injury prevention, to setting up a home gym, to working out in a club, to how to work specific muscle groups (with images), to setting up workout programs, including 20-minute workouts for people who don't have a lot of time. Like all DUMMIES books, this book is very nicely organized. You don't need to read the book cover to cover. You just skip to what you need to read, and things are straight to the point--easy, short segments that get you the nuts and bolts you need to know. I see myself using this book again and again as a reference once I get started. Even though it's a DUMMIES book, don't mistake that to mean that this just covers the basics. The depth of knowledge in this book is impressive. There is so much I will learn, but I can take it at a pace that suits me, given the very nice organization of the book. It is clear what I need to read now and what I can save for later. Honestly, this book has far exceeded my expectations already. I cannot wait to dive into it further. I would highly recommend it to anybody getting started or considering the idea of getting started with weight training. I believe allows you to peek into the book to see the table of contents and perhaps a few pages. Check it out. You will be impressed.

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