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| Titolo | The complete guide to lifting heavy weights / / Geoffrey K. Platt |
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| ISBN | 1-4081-8148-7 |
| Descrizione fisica | 1 online resource (275 p.) |
| Collana | Complete Guides |
| Disciplina | 613.713 |
| Soggetti | Weight training Bodybuilding Exercise & workout books Electronic books. |
| Lingua di pubblicazione | Inglese |
| Formato | Materiale a stampa |
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| Nota di bibliografia | Includes bibliographical references. |
| Nota di contenuto | Cover; Title page; Contents; Introduction; Chapter 1 The principles of training; Chapter 2 Safety in weightlifting; Chapter 3 Drugs; Chapter 4 Exercises; Acknowledgements; Bibliography; eCopyright |
| Sommario/riassunto | Aimed at fitness professionals, coaches and sportspeople, this is the definitive guide to lifting maximum weights from beginner level through to advanced. This applies to those who wish to build body strength and bulk as well as people wanting to improve their performance in a range of other sports. Heavy weights are very popular in gyms but there is a lack of supervision and good instruction. This is not only dangerous to the gym user but also bad news for the gym, and it prompted the Register of Exercise Professionals (REPS) to authorise a range of new courses designed by the book's author. |