

1. Record Nr.	UNINA9910699175503321
Titolo	Doing strength exercises [[electronic resource]]
Pubbl/distr/stampa	[Bethesda, Md.] : , : National Institutes of Health, , [between 2000 and 2009?]
Altri autori (Persone)	RichardMargaret
Soggetti	Bodybuilding for older people Weight training Exercise for older people Physical fitness for older people Documentary films. Streaming videos.
Lingua di pubblicazione	Inglese
Formato	Videoregistrazione
Livello bibliografico	Monografia
Note generali	Available as both streaming video (40 sec., WMV file, sd., col.) and downloadable video (40 sec., WMV file, sd., col.) files. Title from title frame. Accompanied by transcript in HTML format.
Sommario/riassunto	Explanation by Margaret Richard, popular physical fitness instructor, on safe and effective procedures for strength exercises.