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Autore	Platt Geoffrey K.
Titolo	The complete guide to lifting heavy weights // Geoffrey K. Platt
Pubbl/distr/stampa	London, England : , : A & C Black, , [2013] ©2013
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
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
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.

2. Record Nr.	UNINA9910711143903321
Autore	Skoda L. F
Titolo	Test of precast girder with welded splices (Tee-Head No. 1) // L.F. Skoda, D. Watstein
Pubbl/distr/stampa	Gaithersburg, MD : , : U.S. Dept. of Commerce, National Institute of Standards and Technology, , 1953
Descrizione fisica	1 online resource
Collana	NBS report ; ; 2597
Altri autori (Persone)	SkodaL. F WatsteinD
Soggetti	Concrete beams Girders - Testing
Lingua di pubblicazione	Inglese
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Livello bibliografico	Monografia
Note generali	1953. Contributed record: Metadata reviewed, not verified. Some fields updated by batch processes. Title from PDF title page.
Nota di bibliografia	Includes bibliographical references.