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Nota di contenuto	Intro -- Title page -- Dedication -- Table of Contents -- PART ONE -- 1 Getting started -- 2 Equipment -- 3 Safety -- PART TWO -- 4 Upper body exercises -- 5 Lower body exercises -- 6 Total body exercises - an introduction to the Olympic lifts -- PART THREE -- 7 Programme design part 1 - understanding reps, sets, tempo, rest and planning for success -- 8 Programme design part 2 - spice up your sets and reps -- 9 Programme design part 3 - planning your training -- 10 Sample workouts - fat loss, muscle gain and relative strength -- 11 Closing thoughts -- Bibliography -- Glossary -- Acknowledgements -- Also Available -- eCopyright.
Sommario/riassunto	A key title in the successful Complete Guides series, this is the definitive text on using free weights for strength, conditioning and flexibility training. Free weights are the simplest and most effective pieces of equipment and are found in every gym and many homes. The benefits of their use - as opposed to fixed-weight machines - are becoming increasingly appreciated in the fitness industry, and include: saving money on gym membership with home workouts a wider range of exercises exercises working more muscles than fixed machines for a quicker workout avoiding over-training single muscle groups, which can lead to strength imbalances better co-ordination and core stability In addition to a variety of exercises, the book will also contain sample programmes, tips on technique, and exercises for specific sports, ages

and body types.
