

1. Record Nr.	UNINA9910466897203321
Autore	Marsh Graeme
Titolo	The complete guide to training with free weights // Graeme Marsh
Pubbl/distr/stampa	London : , : Bloomsbury, , [2008] ©2008
ISBN	1-4081-9550-X 1-4081-9551-8
Edizione	[1st ed.]
Descrizione fisica	1 online resource (169 pages)
Disciplina	613.713
Soggetti	Weight training Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di bibliografia	Includes bibliographical references and index.
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.

2. Record Nr.	UNISA996212705303316
Titolo	Journal of southern African studies
Pubbl/distr/stampa	London, : Oxford University Press, 1974- [Abingdon] : , : Routledge, Taylor & Francis
ISSN	1465-3893
Disciplina	968
Soggetti	Southern Africa social sciences history 15.80 history of Africa Länderbericht Südliches Afrika SOUTHERN AFRICA AFRICAN STUDIES Czasopismo socjologiczne Periodicals. Africa, Southern Periodicals Afryka Poudniowa Southern Africa 6.680
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Periodico
Note generali	Refereed/Peer-reviewed Title from title screen (viewed Dec. 5, 2001). Imprint varies: Abingdon, Oxfordshire, England : Carfax Publishing, 1994-1998; Basingstoke, Hants, England : Taylor and Francis, 1999- Some issues also have a theme title.

