



Smart Guide to Getting Strong and Fit

By Carole Bodger, Michael Cader

John Wiley and Sons Ltd, United States, 1998. Paperback. Book Condition: New. New.. 231 x 188 mm. Language: English . Brand New Book ***** Print on Demand *****.Smart Advice on designing a surefire, step-by-step plan for making safe and effective exercise a regular part of your lifeSmart Strategies for breaking old habits and replacing them with a customized, easy-to-follow fitness planSmart Tips on being strong, staying young, and looking terrific An all-you-need-to-know introduction to making safe and effective exercise a regular and rewarding part of your lifeSmart Strategies for achieving optimum health through a focus on cardiovascular fitness, musculoskeletal function, and body compositionSmart Tips on getting the most out of weight training, aerobic fitness, abdominal work, stretching, and moreSmart Advice on how to inject painless bits of fitness-enhancing physical activity into every part of your day-and how to make the best use of your gym workoutSmart Definitions of plyometrics, Spinning, circuit and interval training, anaerobic exercise, and much moreQuick reading and easy referencing with a comprehensive index and loads of sidebars and tablesSmart Guides take readers seriously. They satisfy even the most curious person's desire to know the essentials about any of a wide range of topics-from vitamins to...



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