



Strength Training: Your Ultimate Weight Conditioning Program (Sports Illustrated Winner's Circle Books)

John Garhammer

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Muscular strength and power: the foundation of total fitness. Now you can improve your total fitness by incorporating strength training into your regular fitness program. Included in this clearly illustrated book are: Everything you need to know about your muscles and how to train them.

The 5 properties of a strength conditioning program.

A complete guide to the proper use of free weights and machines.

Eighty machine and free-weight exercises that can make you stronger.

How to beat the GAS (General Adaption Syndrome).

Strength training tips for the serious athlete. And much, much more.

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