



Weight Training for Life (Cengage Learning Activity)

By James L. Hesson

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Editorial Review

Review

PART I: GETTING STARTED. 1. What, Who, and Why. 2. Frequently Asked Questions. 3. Muscle Structure and Function. 4. Warm Up, Flexibility, and Stretching. 5. Safe and Effective Weight Training. 6. A Beginning Weight Training Program. 7. Nutrition and Rest. **PART II: LEARNING MORE EXERCISES.** 8. Chest Exercises. 9. Back Exercises. 10. Shoulder Exercises. 11. Arm Exercises. 12. Leg Exercises. 13. Core Exercises. **PART III: BECOMING INDEPENDENT** 14. Measurement and Evaluation. 15. A Formula for Success. 16. Planning Your Personal Weight Training Program. 17. Advanced Weight Training. 18. Weight Training for Life.

About the Author

Dr. James Hesson has been weight training continuously since 1960 and had been teaching weight training since 1964. He has taught men and women of all ages, from beginners to elite athletes. His passion and purpose is motivating and inspiring others to achieve personal success in life.

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