



Strength Training Essentials

Chris Wells

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Written by an exercise physiologist and sport psychologist this book takes you from the very beginning essentials of strength training, through illustrated exercises, and finally to your applications for general fitness and sports. It is not enough to just lift a weight, you must know why and how in order to get the results you want – more strength, larger muscles, better posture, better fitness or a more effective application of strength to your sport.

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