



Weider Home Gym 9900 Exercise Guide

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The founders of the modern fitness movement draw on the training secrets of the pros to reveal the Weider Triangle Method a program to promote peak performance through nutrition skill training and variable weight training **The Home Gym** Michael Lafavore,1984-01-01 Describes the features of more than 150 barbells trampolines rowing machines stationary bicycles weight benches and other home exercise equipment Weight Training For Dummies Liz Neporent,Suzanne Schlosberg,Shirley J. Archer,2011-03-03 A properly executed strength or weight lifting regimen can lower your blood pressure and cholesterol levels stabilize your blood sugar reduce the risk of heart disease increase your strength and more

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and safety Special tips let you customise each exercise for your individual goals whether you want wider shoulders or stronger legs Colour coded anatomy drawings show you the muscles in action with sports applications for each exercise listed

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