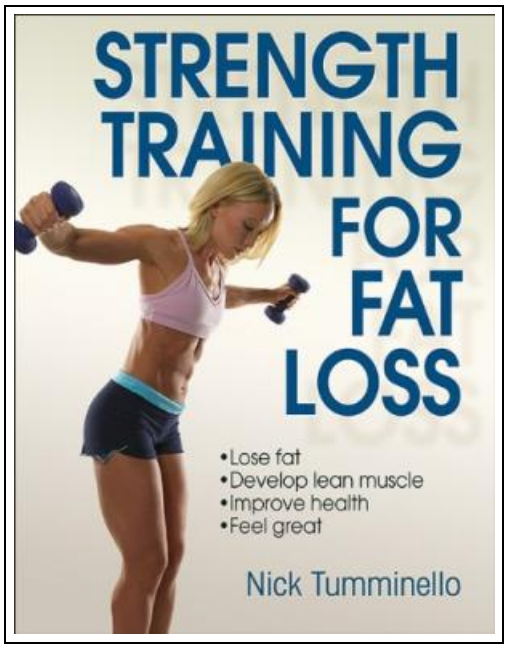
Strength Training for Fat Loss



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Reviews

Very useful to all category of individuals. It is one of the most amazing publication i have got read through. You will not feel monotony at anytime of your respective time (that's what catalogs are for about when you question me).

(Mr. Johnathon Dach)

STRENGTH TRAINING FOR FAT LOSS

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Human Kinetics Publishers. Hardback. Book Condition: new. BRAND NEW, Strength Training for Fat Loss, Nick Tumminello, No fads, gimmicks, or miracle claims - just results. In Strength Training for Fat Loss, Nick Tumminello, renowned trainer and innovator in the field of human performance, explains how to use the 3 Cs of metabolic strength training-circuits, combinations and complexes. It provides more than 150 exercises using barbells, dumbbells, resistance bands, machines and body weight, plus realistic nutrition recommendations for staying healthy, maintaining muscle and regulating metabolism. It does to through a series of step-by-step instructions, photographs and advice for performing and sequencing the most effective fat-loss circuits, combinations and complexes. Warm-up and cool-down exercises include stretches and self-massage techniques to activate or restore muscles and body-weight-based workouts will lose fat quickly and keep it off. Whether a beginner looking for a step-by-step guide to fat loss or a seasoned fitness professional looking for new exercises to spice up existing routines, Strength Training for Fat Loss is the safe programme that produces results.

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