



Basic Weight Training for Men and Women, 8th edition

Thomas Fahey

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The eighth edition of *Basic Weight Training for Men and Women* includes many features that make this text the best and most comprehensive beginning weight training book on the market. Each chapter presents the most important and up-to date weight training exercises with free weights and on the most popular exercise machines found in schools and health clubs in the United States. Nutrition information, workout schedules, proper techniques, and research articles debunking fitness myths fill *Basic Weight Training for Men and Women*, 8th edition. The text also includes a discussion of functional training exercises and stresses the concept that the key to building strength and power is to train movements rather than specific muscles.

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