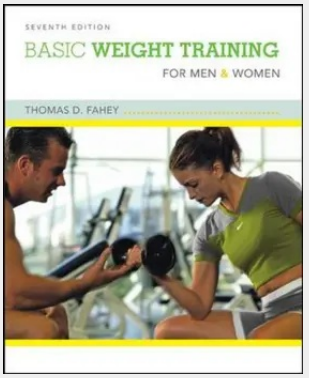
Fahey

Basic Weight Training for Men and Women

This popular text is a comprehensive, practical guide to developing a personalized weight-training program with both free weights and machines. Weight training concepts and specific exercises are grouped by body region, and many photographs, illustrations, diagrams, and figures demonstrate proper technique and form.



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