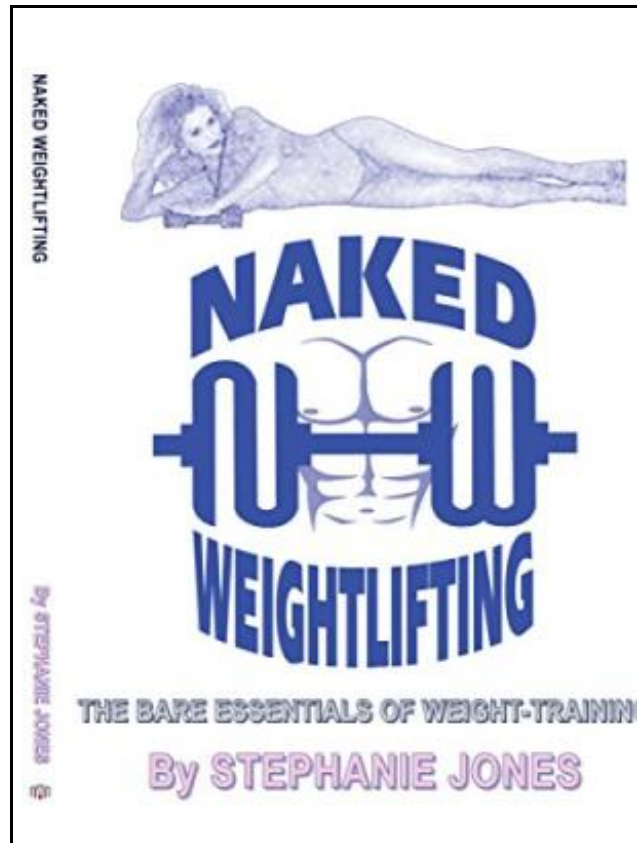


Naked Weightlifting: The Bare Essentials of Weight-Training



Filesize: 2.37 MB

Reviews

This ebook is very gripping and fascinating. Sure, it is engage in, nevertheless an amazing and interesting literature. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Ms. Ora Buckridge)

NAKED WEIGHTLIFTING: THE BARE ESSENTIALS OF WEIGHT-TRAINING



AUTHORHOUSE, United States, 2004. Paperback. Book Condition: New. 277 x 208 mm. Language: English Brand New Book ***** Print on Demand *****.Naked Weightlifting is NOT about lifting weights without clothing (but I bet you took a second look). The definition of naked is without extra or embellishment while the definition of weightlifting is the lifting of heavy weights as an exercise in a prescribed manner. Naked Weightlifting is another way of saying weightlifting made simple or without an overload of information. Pictures speak a thousand words especially when instructing individuals on how to do something like weightlifting. The author put herself in the shoes of individuals who have never lifted weights before to those who have many years of experience weight training. The book is designed to show pictures of start and finish positions of over 100 weightlifting exercises that cover all body parts from abdominals to triceps (arms) accompanied with a basic description of how to execute those exercises. There are no opinions, nutritional advice or workout programs in this book, only how to do them properly and a spreadsheet for individuals to log their progress as a workbook. Stephanie Jones was born and raised in Southern California where she was introduced to weightlifting by her sister and learned from one of Rachael McLish's bodybuilding books. She has over 15 years of weightlifting experience and is also a certified personal weight trainer. She has trained with individuals such as Ross Bonfiglio who held the Mr. Venture title in Ventura California in the 80's to professional bodyguards of celebrities like Sylvester Stallone. She has appeared several times with Peter Nielsen of Peter Principles which airs on the local NBC Detroit stations. She has never competed in any type of fitness competition as she believes the only person to...



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