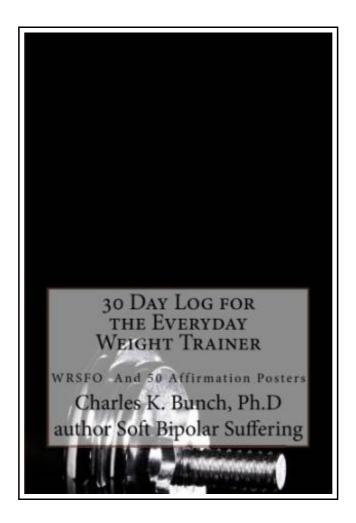
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Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English. Brand New Book ****** Print on Demand ******.WRSFO There are varieties of reasons to lift weights. Weight training is a popular sport around the world. Lifting has come in to its own place of importance because It is easily learned You can do it at the gym or at home It is portable and you can do it in a vacation hotel or a gym in Rio de Janeiro The health benefits are phenomenal: gaining and maintaining muscle tissue and bone density is critical for a good life It evokes a healthy lifestyle of exercise, good eating, and self care There are easy books that will guide you A trainer or class can be utilized to learn It can be used from teen years and is greatly popular for use with aging seniors Men and women equally benefit from weight training It s a sport that grows with you and can be personally adapted Weight training is also a good friend of all sports and exercises. People are trained in safety and lifting limits, so injuries are actually few. Unlike football, there is no impacting or damage to the body. If you have a weakness in some part of the body, you can find an adaptive exercise or simply skip that area. The most common problem with weight training is that we get in our own way. Time, food, over eating and personal sabotaging stop lifts. The, given a couple weeks, for some, the routine is over. But, weight training is that good friend. You can quickly return and after 2 weeks of deserved painful punishment in the gym, the body allows you to step back into routine quickly. You don t lose all ground...

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