



# Weight Training for Beginners

*Tony Gallagher*

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## **Weight Training for Beginners** Tony Gallagher

*Weight Training for Beginners* is a full body workout for either home or gym featuring step-by-step full color instructional photos and a unique hands-free design. All exercises can be done using the minimum of special equipment, and the book presents two fully comprehensive programs of exercises, one for those with no prior weight training experience and one for those looking to improve their skills. The book includes information on stretching and warm-up, safety, and cardiovascular training, in addition to a complementary eating program. You'll trim fat, build strength and muscle tone, and feel better regardless of your age or athletic ability.

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