

Effective exercise for busy people who want to be fit.

How to Get Fit and Healthy through Weight Training

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**HOW TO
GET FIT AND HEALTHY
THROUGH WEIGHT TRAINING**

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ISBN 1-59113-333-5

Published by Joann Bally, USA.

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PRINTED IN THE UNITED STATES OF AMERICA

Booklocker.com, Inc.
2003

**HOW TO
GET FIT AND HEALTHY
THROUGH WEIGHT TRAINING**

What you need to know
To get the most out of brief
And effective workouts

ABOUT THE AUTHOR

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Her fitness certifications include:

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Joann teaches *Beginning Weight Training* and *Running Basics* at www.universalclass.com, and *Lose Weight and Keep It Off* at www.suite101.com.

Her previous publications include the booklet *Walk A Marathon*,
Available in hard copy from the author.

DISCLAIMER

The exercises herein are safe for most people, but you are responsible for ensuring they are safe for you, and for performing them in a safe manner. The author and publisher are not responsible for any injury resulting from use of the information in this book. You are urged to consult your doctor before beginning this or any other exercise program.

PREFACE

Another weight training book? True, there are a lot of weight training books, some of them very good, and I urge you to go further and read some of them when you are ready. However, if you have limited time, you may want just the information you need, based on science, but without extensive physiology text and many case studies. This book is for you if:

- You want to do weight training for general health and fitness, as well as improving your appearance
- You have limited time for working out
- You want information and guidance on weight training presented concisely
- You want to be able to set up a program that will suit your goals and schedule
- You will work out on your own, at least some of the time.

One more thing makes this book different. You will be able to contact the author by email with questions about your routine.

Are you still wondering whether you should bother doing this at all? Go to the next page.

Why Should You Do Weight Training?

Here's what it can help you do:

- **Get stronger** so you can accomplish everyday activities without fatigue or injury
- **Improve your sports performance** by improving stability and endurance in the muscles and joints you use in your sport
- **Improve your posture** by improving muscular tone and balance throughout your body
- **Control your body weight** by expending more calories
- **Raise your metabolism** by adding more muscle mass, which causes you to burn more calories at rest
- **Reduce stress** by releasing the tension built up in your body
- **Strengthen your bones** as they respond to lifting increased resistance by becoming stronger
- **Get more out of your leisure time** by having the energy and endurance to be more active
- **Stay independent** as you grow older

- **Have fun** by participating in a challenging and rewarding activity.

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INTRODUCTION

With this guide you can put together a simple, effective, and inexpensive weight training program you can do at home or at the gym. You build your program by choosing one exercise from each of eight categories. With this, you will exercise all the major muscle groups in your body.

The program as set forth here gives excellent results with short workouts and low equipment cost. The weight training principles in this book will also enable you to formulate a program that incorporates machines.

The book will help you look better, feel better, and make the most of what you've got. You can change your attitude. You can change your lifestyle. You can get stronger, run faster and longer, lose weight and shape muscle, and make your sedentary friends green with envy.

This is a weight training guide for the average busy person who is interested in good health, general fitness, and looking and feeling her or his best.

Note: Read the whole book before you do the exercises so you will understand the technique required.

CAN YOU DO STRENGTH TRAINING?

Who can do strength training? Almost everyone. Young teenagers can usually do weight training with supervision. At 16 you should be ready to go all out, with your doctor's OK. There's no upper limit, and strength training is really most important for those of and beyond middle age.

Ask your doctor if it's OK for you to do strength training and if there are any movements you should avoid. If you have a chronic disease, you may have to modify the principles given here. If you have an orthopedic problem, you may have to modify some exercises. You will still make progress, but perhaps more slowly. If you do have a medical problem, it might be better to work out with a personal trainer or physical therapist. For most people, training with weights is very safe, even safer than many sports and aerobic exercise programs.

(The terms "weight training" and "strength training" are used interchangeably here.)

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