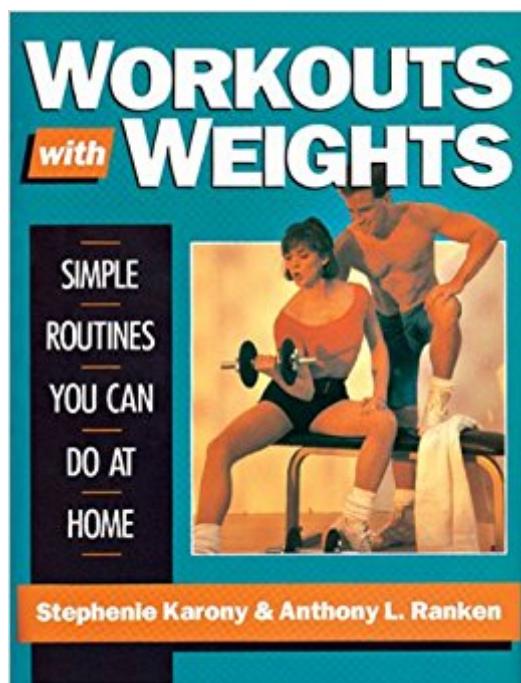


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# Workouts With Weights: Simple Routines You Can Do At Home



## **Synopsis**

"...spells out, in a very straightforward way, why you should work out with weights, the types of dumbbells available, and seventeen exercise programs, each designed to firm up a specific body part...."--Vogue. 160 pages, 200 b/w illus., 8 x 10.

## **Book Information**

Paperback: 160 pages

Publisher: Sterling; 1 edition (June 30, 1993)

Language: English

ISBN-10: 0806903252

ISBN-13: 978-0806903255

Product Dimensions: 10 x 7.8 x 0.4 inches

Shipping Weight: 14.1 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 12 customer reviews

Best Sellers Rank: #703,396 in Books (See Top 100 in Books) #199 in Books > Humor & Entertainment > Humor > Sports #758 in Books > Health, Fitness & Dieting > Exercise & Fitness > Weight Training #3730 in Books > Sports & Outdoors > Miscellaneous

## **Customer Reviews**

This is an older book but after getting it from the library and creating or using great workouts, I bought it from myself. Whether you are a man or woman and whether you want bulk, tone, or strength... it is all in here. In the back are 5 levels of workouts with multiple workouts per level for options. I like to create my own workout choosing from what is listed, but you do not have to. The specialty workouts include ones for aerobic, bulking up, pyramiding, etc. Don't waste your money on a gym membership. Get a set of dumbbells and BUY this book!

I have been using this book as my training guide for several months now. It has a practical and no-nonsense approach. Since I bought this book and started using it, I have been reading other weight-lifting/strength-training books and so far have found the lessons/advice in this book to be extremely sound. If strength training (and not weight lifting) is your goal and you want to take the do-it-yourself approach, you won't go wrong with this book. You won't need a lot of equipment, either. A few free weights will do the trick.

First let me say that I am very particular about the books that I acquire, and try finding authors that

present the "real deal". That said, I think this book is great! I have perhaps a bad habit of exchanging books that I do not find useful. This is the first book I have purchased on the subject of weight training, and I am completely happy. First, it has great info on weight training in general. Goals, safety, nutrition. Just enough to get you started. No preaching either, just encouragement. These first few chapters are followed by some warm-ups and stretching exercises. I also really love the routines they have set in the back. There are several, and they are progressive and could keep you going for months at least, while building up strength. This book is written from a more gentle perspective, no jocks or jarheads here. I do agree with the reviewer about the pictures. They serve their purpose quite well, but when I saw the publishing date was in the early nineties I had to check to see if I was reading correctly. They all look straight out the seventies. But again, this book is more about doing than glamor and show. Great book for those who want a good workout from home with almost no equipment at all.

I originally bought this book because I was looking for a book with the basics of using hand-held weights which depicted women and men together in a straightforward, healthy way. These are ordinary people demonstrating the moves. In other words, I'd seen enough gorgeous models staring at me from books and videos selling sex as much as practical information about exercising. Easy to use and I give it to a lot of women friends and my sisters. As an aside, this book is saving my life as it coincided with the moment in my life when I started an exercise routine and stuck with it for 3 years now. (Maybe it was the book?) I actually mainly use the warm-ups and stretches chapters as the mainstay of my routine. I have a big gym at the university and use that equipment rather than the hand weights. But I have used the weights chapters and they are easy to follow.

Years after a car accident ended my weight training, I feel well enough to go back to free weights and pulled out this old book. Lots of books show dozens of moves and some may do a better job of explaining them. But this book does something that I've not seen that often in other books; they present a logical series of workouts that accelerate in intensity as your fitness increases. The graphic layout of the programs is easy to translate into a spreadsheet or forms and you'll find it easy to adjust weight, repetition and set counts as you progress. At the price this book goes for now you can't go wrong. It's true that the photos are pretty bad, but you don't need to spend much time looking at them anyway.

I was looking to get in better shape for some of the sports that I do (racing sailboats being my main

concern), and did not know the first thing about strength training. This book really set me on the right path, with lots of good information about how to do this safely and efficiently. I am about the farthest thing from a bodybuilder, but since I have been following their programs, I feel healthy and strong. All those little aches and pains from computer work have disappeared, and my knees don't click so much when I do stairs or exercise bikes. I do the workouts while I watch TV in the evenings, so I don't have to go out to a health club ... and I get the entertainment value as well. Kudos to the authors for providing such a great service!

I bought this book maybe 10 years ago and still use it. The programs are simple and easy to do, the explanations are clear and the pictures are useful. Some of the pictures do look like they are from the 70's, but that is a minor point. The book is a good one if you want to get in shape using dumb bells or other weights at home.

This book is great for beginners and for those who have been working out for awhile. Very easy to understand routines, safety tips, stretches and warm-ups. When I first discovered this book I had not worked out with weights at all. I felt challenged initially, yet the different programs the authors have worked out make the workouts fun, and definitely not boring. I loved the pre-set routines when I first started, yet I ultimately customized my own to make it work even better for me. I recommend this book highly!

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