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THE COMPLETE GUIDE TO STRENGTH TRAINING 5TH EDITION (PAPERBACK)



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Bloomsbury Publishing PLC, United Kingdom, 2015. Paperback. Condition: New. 5th Revised edition. Language: English . Brand New Book. The Complete Guides series blends expert information and accessibility. The Complete Guide to Strength Training is the ultimate resource for anyone wanting to increase strength and resculpt their body. Featuring proven training programmes and evidence-based nutritional guidance, it delivers comprehensive workouts for beginners, intermediates and elite athletes. This updated 5th edition includes: * New exercises and workouts * Brand new photos with detailed descriptions of over 100 exercises * Programmes for increasing strength, muscle and explosive power * Fat loss workouts * Bodyweight-based workouts * Plyometric training * Up to date cutting edge nutrition and supplementation advice for gaining muscle and reducing fat.



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