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Weight Training: Steps to Success shows how to use weights to improve muscular endurance, build strength, increase muscle mass, and improve body composition. From the fundamentals of weight training to the specifics of designing an individualized program, this full-color guide covers every facet of weight training.

**Weight Training 5th Edition—Human Kinetics**

The scope and content of Essentials of Strength Training and Conditioning, Fourth Edition with Web Resource, have been updated to convey the knowledge, skills, and abilities required of a strength and conditioning professional and to address the latest information found on the Certified Strength and Conditioning Specialist (CSCS) exam.

**Essentials of strength training and conditioning**...

STEP 4: Selecting Chest Exercises and Training Loads . STEP 5: Selecting Back Exercises and Training Loads . STEP 6: Selecting Shoulder Exercises and Training Loads . STEP 7: Selecting Upper Arm Exercises and Training Loads . STEP 8: Selecting Leg Exercises and Training Loads . STEP 9: Selecting Core Exercises and Training Loads

**Weight Training 4th Edition PDF—Human Kinetics Canada**

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