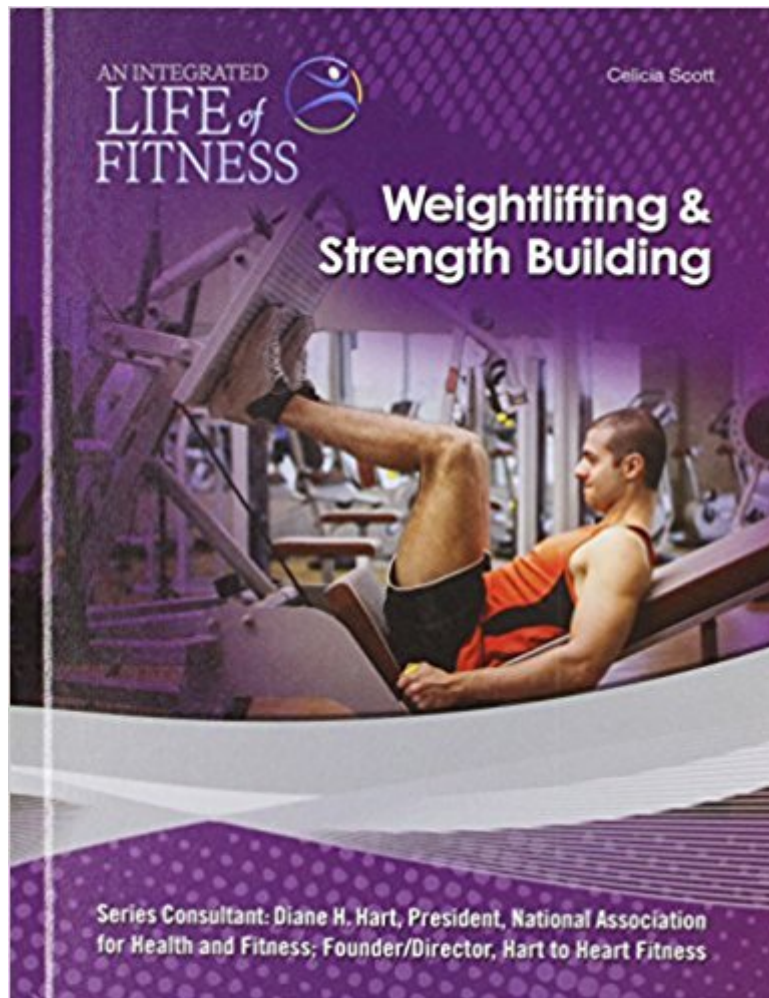




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Weightlifting & Strength Building (An Integrated Life Of Fitness)



Synopsis

Weightlifting can be a great way to get in shape and build your strength. Lifting weights is a good workout, even if you start small. The key is that you are developing your body in a responsible manner. Discover how you can start lifting weights to build strength. Learn about how you can stay safe while working out, including how to properly use weights and equipment. Find out how to make a workout plan for weightlifting!

Book Information

Series: An Integrated Life of Fitness (Book 10)

Library Binding: 64 pages

Publisher: Mason Crest (September 2014)

Language: English

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Product Dimensions: 0.5 x 6.8 x 9.2 inches

Shipping Weight: 11.4 ounces (View shipping rates and policies)

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Best Sellers Rank: #3,661,878 in Books (See Top 100 in Books) #73 in [Books > Teens > Personal Health > Fitness & Exercise](#) #509 in [Books > Teens > Sports & Outdoors](#) #539 in [Books > Health, Fitness & Dieting > Exercise & Fitness > For Children](#)

Age Range: 12 - 17 years

Grade Level: 7 - 12

Customer Reviews

Gr 9 Up-Each title introduces readers to various styles of exercise and their benefits, providing historical and scientific background as well as practical exercise routines. The photos show relatable teens, and though the graphics are dated, they're understated and don't interfere with the texts. Luckily, the overly chummy tone in the introductions (Core Workouts cheerfully states, "We've got your back!") disappears later on, and a more academic style of writing takes over. Explanations of how physical activity strengthens muscle groups and mental functioning will provide subtle motivation, and "Text Dependent Questions" will assist with closer reading and research activity. The physiological information is detailed enough for a college course in exercise science. Each book touches on safety and common injuries. Despite a few missteps, this excellent series demonstrates how a physical education class can be interdisciplinary and academically

rigorous.Â Â (c) Copyright 2014. Library Journals LLC, a wholly owned subsidiary of Media Source, Inc. No redistribution permitted.

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