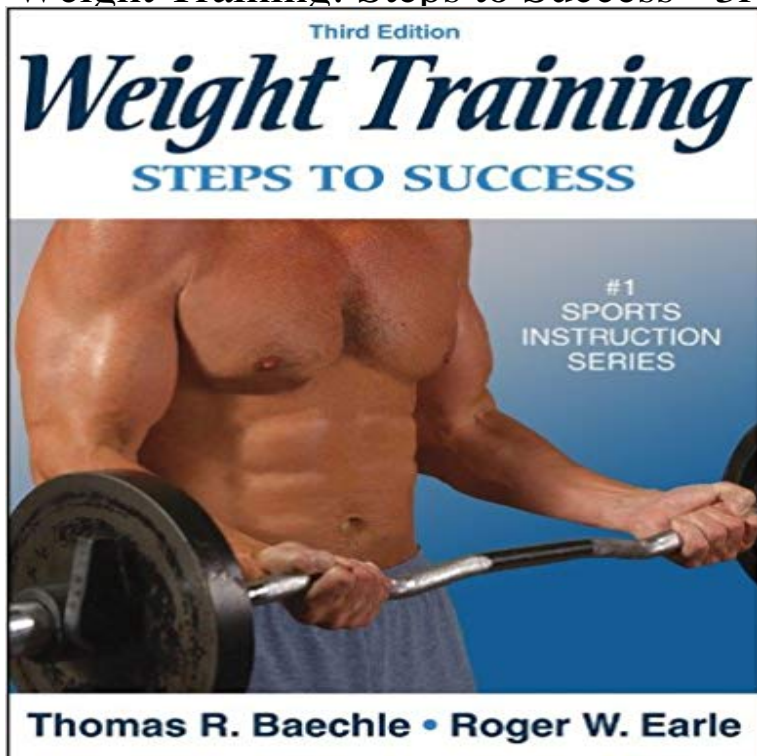


Weight Training: Steps to Success - 3rd Edition



Take the guesswork out of strength training and understand the details of proper technique, weight loads, and reps. The no-nonsense approach of Weight Training, Third Edition: Steps to Success has guided more than 175,000 readers to their strength training goals, step by step and it will do the same for you! You will develop through a thorough, progressive approach to strength training with either free weights or machines. Learn which exercises target what muscles and how to perform each one correctly and safely. Then determine the amount of weight and the number of repetitions and sets that you should lift in order to achieve your objectives. Finally, develop a workout and program that fit your interests and training preferences. Whether your goal is improving muscular endurance, building strength, increasing muscle mass, toning, or enhancing body composition, Weight Training, Third Edition: Steps to Success will help you achieve it. With more than 30 exercises explained and illustrated, along with guidance on how to approach introductory workouts and create a tailored training program, it's no wonder this is the book thousands of strength training enthusiasts use to get the most out of their workouts. See all the titles available in the Steps to Success Series

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window.ue_csm.cel_widgets = [      { id:
detail-bullets      } , { id:
featurebullets_feature_div  } , { id:
summaryContainer  } , { s: #revMHRL >
DIV  , id_gen: function(elem, index) {
return custRev + (index + 1); } } , { id:
sims_fbt  } , { id: purchase-sims-feature  }
, { id: session-sims-feature  } , { id:
quickPromoBucketContent  } , { id:
productDescription  } , { id:
technicalSpecifications_feature_div  } , {
id: prodDetails  } , { id: related_ads  } , {
id: technical-data  } , { id:
tagging_lazy_load_div  } , { id:
consumption-sims  } , { id:
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moreBuyingChoices_feature_div } , { id:
product-ads-feedback_feature_div } , { id:
DAcrt } , { id: vtpsims } , { c: celwidget
} , { id: fallbacksessionShvl } , { id: rhf
} , { id: unifiedLocationPopoverSelections
} ]; (function(a){ var
b=document.ue_backdetect;b&&b.ue_back
&&a.ue&&(a.ue.bfini=b.ue_back.value);a.
uet&&a.uet(be);a.onLdEnd&&(window.ad
dEventListener?window.addEventListener(
load,a.onLdEnd,1):window.attachEvent&
&window.attachEvent(onload,a.onLdEnd))
;a.ueh&&a.ueh(0,window,load,a.onLd,1);a.
ue&&a.ue.tag&&(a.ue_furl&&a.ue_furl.sp
lit?(b=a.ue_furl.split())&&b[0]&&a.ue.tag
(b[0]):a.ue.tag(nofls)))(ue_csm); var
ue_pty=Detail, ue_spty=Glance,
ue_pti=B0093MVN02; v
(function(g,h){ function d(a,d){ var
b={};if(!e !f)try{ var
c=h.sessionStorage;c?a&&(undefined!:=ty
peof
d?c.setItem(a,d):b.val=c.getItem(a)):f=1 }ca
tch(g){ e=1 }e&&(b.e=1);return b}var
b=g.ue
{ },a=f,e,c,a=d(csmtid);f?a=NA:a.e?a=ET:(
a=a.val,a (a=b.oid
NI,d(csmtid,a)),c=d(b.oid),c.e (c.val=c.val
0,d(b.oid,c.val+1)),b.ssw=d);b.tabid=a})(u
e_csm,window); (function(b,c){ var
a=c.images;a&&a.length&&b.ue.count(tot
alImages,a.length))(ue_csm,document);
(function(m,h){ function I(a){ if(a)return
a.replace(/^\s+ //s+$/g,)}function
x(a,e){ if(!a)return { };a.m&&a.m[k]&&(a=a
.m);var b=e.m e[k]
,b=a.m&&a.m[k]?b+a.m[k]:a.m&&a.m.tar
get&&a.m.target.tagName?b+(Error
handler invoked by +a.m.target.tagName+
tag):a.m?b+a.m:a[k]?b+a[k]:b+Unknown
error,b={ m:b,f:a.f a.sourceURL
a.fileName a.filename
a.m&&a.m.target&&a.m.target.src,l:a.l
a.line a.lineno
a.lineNumber,c:a.c?+a.c:a.c,s:[],t:m.ue.d(),
name:a.name,type:a.type,csm:J+
+(a.fromOnError?onerror:
ueLogError)},d,c,g=0,f=0,n;c=h.location;d
=a.stack (a.err?a.err.stack:);b[y]=e[y]
c&&c.href missing;b[p]=e[p]
z;(c=e[q])&&(b[q]=+c);m.ue_ld_err&&h.p

```

```

performance&&h.performance.timing&&(c
=h.performance.timing,f=window.performa
nce&&window.performance.now&&windo
w.performance.timing?window.performanc
e.now()+window.performance.timing.navig
ationStart:+new
Date,b.lid=0l.mxe))){l.ec++;l.ter.push(a);e=e
{};var b=a[p] e[p];e[p]=b;e[q]=a[q]
e[q];b&&b!=z l.ecf++;w(a, e)}function
w(a,e){if(a){var b=x(a,e),d=e.channel
M;if(ue.log.isStub&&h[u]&&h[u][v]){var
c={};c[d]=b;try{var
g=h[u][v]({rid:ue.rid,sid:m.ue_sid,mid:m.u
e_mid,sn:m.ue_sn,reqs:[c]}),f=h1,n;if(n!=(
f[D]&&f[D](E,g))){var l;if(h[F]){var
k=new
h[F];k.onerror=s;k.ontimeout=s;k.onprogre
ss=s;k.onload=s;k.timeout=0;l=k}else{var
p;if(h[G]){var q=new
h[G];p=withCredentialsin q?q:void 0}else
p=void
0;l=p}n=1}if(d=n){d.open(POST,E,!0);if(d
[H])d[H](Content-type,text/plain);d.send(g
)}catch(r){} }else m.ue.log(b,
d,{nb:1});if(!a.fromOnError){g=h.console
{};d=g.error g.log s;c=h[u];f=Error
logged with the Track&Report JS errors
API(http://tiny/1covqr6l8/wamazindeClieU
serJava):
;if(c&&c[v])try{f+=c[v](b)}catch(t){f+=no
info provided; converting to string
failed}else f+=b.m;d.apply(g,[f,b])}}var
G=XMLHttpRequest,F=XDomainRequest,
N=navigator,D=sendBeacon,v=stringify,u=
JSON,p=logLevel,q=attribution,y=pageUR
L,r=skipTrace,H=setRequestHeader,k=mes
sage,s=function(){},E=//+m.ue_furl+
/1/batch/1/OE/,l=m.ue_err,M=m.ue_err_ch
an
jserr,z=FATAL,J=v6,A=20,t=256,L=RegE
xp( (?([^\s]*):(\d+): \d+ )?.split(
).join(String.fromCharCode(92))),K=/.*(
.*/d*);x[r]=1;C[r]=1;w[r]=1;(function()
{for(var a,e=0;e (function(c,d){var
b=c.ue,a=d.navigator;b&&b.tag&&a&&(a
=a.connection a.mozConnection
a.webkitConnection)&&a.type&&b.tag(net
Info:+a.type)})(ue_csm,window);
(function(c,d){function g(a,b){for(var
c=[],d=0;d
ue_csm.ue.exec(function(d,e,a){function

```

```

b(a,b){return{name:a,getFeatureValue:function(){return void 0!==b 0}}function h(a,b,c){return{name:a,getFeatureValue:function(){return b===c 0}}function g(a,b){return{name:a,getFeatureValue:function(){for(var a=0;a ue._bf.modules.push(ue._bf.mpm(cc_ie5, 1) ) ue._bf.modules.push( ue._bf.mpm(cc_ie6, 1) ) ue._bf.modules.push( ue._bf.mpm(cc_ie7, 1) ) ue._bf.modules.push( ue._bf.mpm(cc_ie8, 1) ) ue._bf.modules.push( ue._bf.mpm(cc_ie9, 1) ) (function(g,b,h){function c(){var a;a=h.cookie.match(/session-id=([/w//-]+)/);a=null!==a?a[1]:null;var b=ue_sid,c=Date.now?Date.now():(new Date).getTime();d[a] (e.log({k:k,t:c,nsid:a,osid:b}),f),d[a]=1)}var k=sbk,f=csm;b=b.navigator.cookieEnabled ?!0:!1;var e=g.ue,d={};e.log({k:cinf,enbl:b}),f;b&&ue_sid&&(d[ue_sid]=1,e.attach(beforeunload,c),setInterval(c,1E3))}(ue_csm>window, document); ue_csm.ue.exec(function(e,f){var a=e.ue {},b=a._wlo,d;if(a.ssw){d=a.ssw(CSM_previousURL).val;var c=f.location,b=b?b:c&&c.href?c.href.split(#)[0]:void 0;c=(b)===a.ssw(CSM_previousURL).val;!c&&b&&a.ssw(CSM_previousURL,b);d=c?reload:d?intrapage-transition:first-view}else d=unknown;a._nt=d},NavTypeModule)(ue_csm>window); var ue_mbl=ue_csm.ue.exec(function(e,a){function k(f){b=f {};a.AMZNPerformance=b;b.transition=b.transition {};b.timing=b.timing {};}if((f=a.webclient&&function===typeof webclient.getRealClickTime?a.cordova&&a.cordova.platformId&&ios===cordova.platformId?!1:!0:!1)&&b.tags instanceof Array){var c=-1!=b.tags.indexOf(usesAppStartTime) b.transition.type?!b.transition.type&&-1

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