



# **Knack Weight Training for Women: Step-by-Step Exercises for Weight Loss, Body Shaping, and Good Health (Knack: Make It easy)**

*Leah Garcia*

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Jane Brody declared in a recent (6/24/08) *New York Times* article, "Contrary to what many active adults seem to believe, physical fitness does not end with aerobics. Strength training has long been advocated by the National Institute on Aging, and the heart association has finally recognized the added value of muscle strength to reduce stress on joints, bones and soft tissues; enhance stability and reduce the risk of falls; and increase the ability to meet the demands of daily life."

Weight training is increasingly recognized as an important part of a well-rounded fitness program for women as well as men. Of special interest to women is that it's an excellent way to promote weight loss.

Knack Weight Training for Women uses the unique Knack format to provide a clear and easy-to-follow visual understanding of the principles of weight training. It combines photos of exercises with anatomical illustrations depicting where muscles are, how they work, and why strengthening them will get results, whether that means more shapely arms, less shapely legs, or on overall slimmer profile.

Individual muscle building exercises and combination exercises are described along with plans for mixing and matching them. Free weights, tools such as the swiss ball and resistance bands and tubes, and typical gym machines are all covered.

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