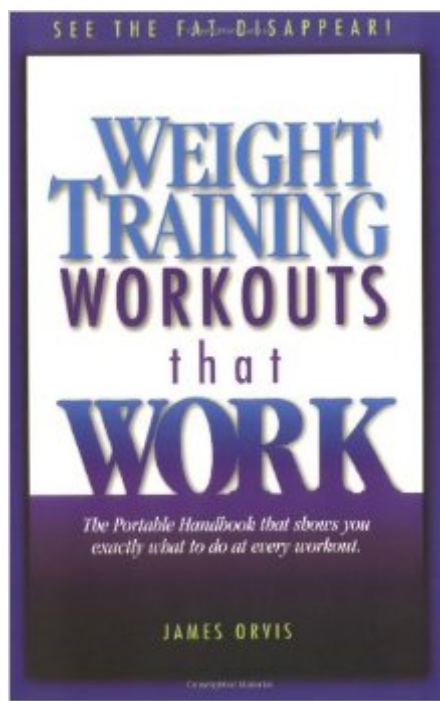


The book was found

Weight Training Workouts That Work



Synopsis

Did you know your muscles burn 90% of your calories everyday. IT'S YOUR METABOLISM!! And your losing those fat-burning muscles unless you learn a little weight training. It's that simple - or is it? **Weight Training Workouts that Work** takes all the guesswork out of weight training. Using easy-to-follow proven workouts and three detailed photos of the best exercises, learn the right way to lift weights in less than 30 minutes. Then just take this handbook to your workouts and follow the simple workouts and exercises to burn away unwanted fat and reshape your body! **Weight Training Workouts that Work** shows you the most productive exercises and proper form, how many sets and repetitions to do, what days to workout and of course how much weight to use. It's very easy and it works for anybody, any age!

Book Information

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Average Customer Review: 4.2 out of 5 stars Â Â See all reviews Â (74 customer reviews)

Best Sellers Rank: #1,187,485 in Books (See Top 100 in Books) #78 in Â Books > Cookbooks, Food & Wine > Regional & International > European > German #186 in Â Books > Cookbooks, Food & Wine > Regional & International > U.S. Regional > Middle Atlantic #14163 in Â Books > Health, Fitness & Dieting > Diets & Weight Loss

Customer Reviews

I had been weight training for about two and a half years before purchasing this book. I've tried numerous routines over that time - some I've found online, some I pulled from magazines and books - and I usually get bored after a couple months, so I wanted to try Orvis' technique. First off, be aware that this book is designed for the entry-level lifter. It assumes you either (a.) seldom/never lift free weights or (b.) have been out of lifting for a while. This book is perfect for that gym-goer who is afraid of leaving the Nautilus/cardio areas of the gym. It starts you off relatively slow with total body workouts and by the second month has you working a more typical bodybuilding schedule grouped by muscle area. The schedule has you working out three days a week, and most workouts can be

completed in about 30-45 minutes assuming you don't have to wait for any machines/benches. Orvis doesn't cover cardio or nutrition. While that would be a nice addition, the book never makes the pretense of being a comprehensive fitness book - it solely delivers weight training workouts. What I enjoyed most about Orvis' plan was the all-inclusive workout style. When so many programs tout one or two methods of lifting (pyramid, inverted pyramid, super sets, drop sets, etc.), he covers every one of these, rotating through different training styles every couple of weeks. The lifting variety will keep the program interesting and will also prevent your muscles from growing accustomed to a single routine and plateauing. Having worked out for some time, I was impressed when my muscles were sore after starting the super set training week. The main problem I found was that Orvis' program sometimes overlooks certain muscle groups for an entire week.

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