



Weight Training for Life

James L. Hesson

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WEIGHT TRAINING FOR LIFE, Eighth Edition is ideal for anyone interested in learning about weight training. It focuses on helping students learn to plan their own weight training programs for a lifetime of fitness. Whether used for group lessons or as a reference for anyone wanting to get back into a routine, this text is designed to help men and women of all ages and skill level build a solid foundation of current knowledge and practice in weight training, as well as learn the most effective ways to develop the body shape one desires. The text contains hundreds of full-color photos demonstrating exercises and proper techniques. It also contains forms for writing goals, for planning a personal weight-training program, and for recording circumference measurements, strength measurements, and muscle endurance measurements. Readers will learn how to design and maintain a safe, personalized, effective, and enjoyable weight-training program. They will learn that weight training, done properly, can be a fun and beneficial activity. Whether as a required or recommended text, WEIGHT TRAINING FOR LIFE continues to be the best-selling, most visually oriented weight training text in the higher education market.

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