



# Fundamental Weight Training (Sports Fundamentals Series)

*David Sandler*

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If you're ready to walk the walk and talk the talk, *Fundamental Weight Training* is your guide. Learn the basics safely, effectively, and in less time. Over 100 exercises with photo demonstrations are included and supported with step-by-step descriptions for use in the gym or at home. Every aspect of a beginning weight program is covered:

- Exercises and programs to target key areas in every muscle group
- Stretching routines to prevent injuries
- Steps and tips for developing your own program
- Gym language and lingo so you feel at ease walking into any gym

The easy-to-use programs in *Fundamental Weight Training* will give you the confidence to start training safely and quickly and begin strengthening and toning your body.

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