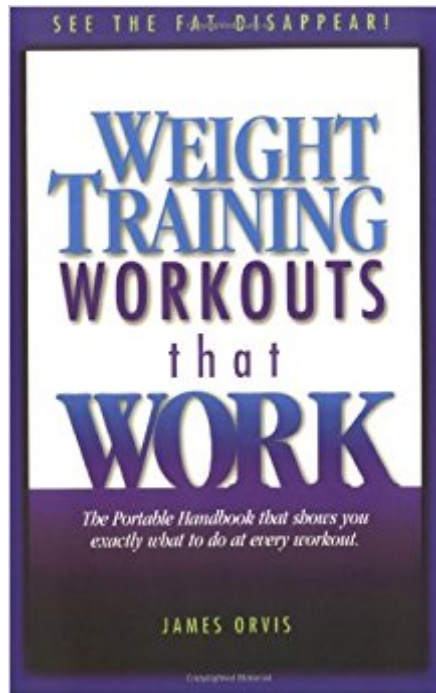




The book was found

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!

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Customer Reviews

The book is great and I've read them all. No needless formulas, equations, rep schemes and schedules. Just results! -- A. Paolicelli, Fit Newsletter, March 2001

New Eurobind OPENBAK Binding. "Lays flat, stays open, never falls apart" -Open to page -Bend both ends of the spine back FIRMLY -Press down on page -Book will stay open!

For those who've complained about the simplistic knowledge of weight training afforded in this book, they either did not use 'look inside' or did not do the program. Yes, women are a priority in his

direction, but men are not forgotten. It DOES work!! I lost 60 pounds and gained more muscle than I had after military boot camp! The author is most enjoyable to work with throughout the entire book with his support and enthusiasm transcending the pages. His occupation as a personal trainer is evident in his strong desire to help people achieve weight lifting knowledge and results. There is nothing closer to having a personal trainer with you at every workout for such a nominal fee. Kudos to James Orvis for making weight training not-so-mysterious and doable for all. IT IS SIMPLE, FUN AND EFFECTIVE WHEN YOU LEARN FROM HIM.

I have been using this book for 4 weeks, and have indeed seen a difference in my muscle tone. My friends have even said that they have noticed a difference in my appearance. What I found remarkable, and did not previously know, is that I could lift more and more weight with each passing workout. This really helped to encourage me, because I could literally see my strength improving. The reason that I gave this book 4 stars instead of 5 is that I feel it is almost necessary to have access to a gym to really do all of these workouts effectively. Also, the section that has "Supersets" is potentially difficult to do because of the fact that you have to go back and forth between 2 pieces of equipment in each exercise. In a public setting, this is very hard to complete without interruption, because the piece of equipment not being used may become occupied by someone else. I can say, however, that there are a lot of exercises that can be done at home with free weights, and I have even been using the Total Gym that I bought some months ago and has been collecting dust in my closet to complete some of the exercises. All in all, this book is a very useful guide to anyone who is interested in adding weight lifting to their fitness routine.

I just finished Orvis's 12-week program and I highly recommend it. It's easy to follow with clear descriptions and great pictures of each exercise. Before getting the book I lifted about once a week but without any plan and I really wasn't sure *how* to do some of the exercises. With the book I used my time more efficiently and started really experiencing results. The key difference between how I lifted before the book versus after is now I aim for what Orvis calls "the magic two"--doing as many repetitions as possible until fatigue.....and then doing two more. It really hurts but it also really works. I have a weak knee and I found that one of the exercises (leg press) irritated it. I replaced the leg press with one of the other leg exercises though and the knee irritation went away. In fact, after about 6 weeks through the program I noticed that the "weak" knee was no longer sore after walking 18 holes of golf. The strengthening from other exercises has reduced my knee problems in a noticeable way. I'm now starting the 12-week program again. I'll just be lifting more weight this time.

I have sought to become physically fit and in shape for most of my life. I have pursued this on my own, in groups, with trainers, and now with this program. Having had experience before, understanding the exercises and the correct form, I find this book a fantastic way to get in and stay in shape. Everything is spelled out. You need only follow the the instructions and regiments to see and feel results. I have consciously changed my diet, but not drastically, which has enhanced the program. I am presently in my 5th week, have also added a minute of running each week, totaling six minutes at this point. These are all things that I never thought I would accomplish. I am a person who needs to be given specific steps, which this book contains, saving me from doing the thinking. I reccommend it highly.

So I am currently in the middle of the twelve week program outlined in this book, and sticking to it. This is a really good book if you are interested in starting a mostly free weight program that's basic. This would appeal if - You are just getting started with a gym membership and don't want to spend money on a personal trainer, you are in shape cardio wise but want to diversify, or you are stuck in a rut with weight machines and want to break out. The author includes some basic tips on technique. There are nice logs to chart your progress. That's all. So far, there is no nutrition advice, so if you want that, look elsewhere. This is also a pretty basic plan to start, it builds stepwise, so if you are anything but a beginner, look elsewhere, this book will only frustrate you. For me, I have been impressed enough that I will get volume 2 soon...

Ok since this was important to me, I'm guessing it is important to others too... so here's the dope. When I take this book along with me to the gym, I'd like to be able to flip the pages pretty easily to figure out what on earth a "lat pulldown" is (I'm a beginner). Once I figure it out, I'd like to flip back and STAY ON my daily planner, so that I can input my progress easily. But the binding of the book makes it impossible to fold at a particular page and this can be SERIOUSLY irritating. I read elsewhere that this book HAS spiral binding, but let me assure you that new books DO NOT have spiral binding. I guess I'm going to have to take it to Office Depot to have the spine cut off (dont even know if this is possible). Oh by the way, the book really is great for beginners - except for this one pain-in-the-backside flaw.

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