



Basic Pumping Iron

Grant Breese, Dean White

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Pumping iron: Packed with simple clearly explained exercises for the abdominals, upper and lower body, advice on doing repetitions with free weights and how to use weight machines and stretch bands, this basic guide will show that weight training can tone, strengthen and perfect any body shape. Yoga: This is the first step for anyone wanting to take up yoga. Basic explanations of key terms, breathing techniques, meditations, core postures, warm-ups and cool downs - this is the perfect Yoga handbook for those interested in embarking on a fitness programme in this increasingly popular form of exercise. Pilates: Pilates is a fusion of western and eastern philosophies of fitness, building on the basic principles of yoga and adding intense muscle and flexibility training. Starting with key terms and basic principles, this complete handbook then expertly guides you through exercises for better posture, improved strength and treatment of injuries. Fitness on the ball: This practical and informative book shows in detail how exercises involving small controlled movements of the stomach and transverse muscles can, when carried out properly, relieve back pain, improve posture and flatten stomachs. It also includes advice and pointers on using the central piece of equipment in gym ball fitness, the Power Ball.

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