



The Complete Guide to Strength Training 5th edition (Complete Guides)

Anita Bean

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The Complete Guide to Strength Training is the ultimate resource for anyone wanting to increase strength and resculpt their body. Featuring proven training programs and evidence-based nutritional guidance, it delivers comprehensive workouts for beginners, intermediates, and elite athletes. This updated fifth edition includes:

- *Full-color photos and detailed descriptions of more than one hundred exercises*
- *Programs for increasing strength, muscle, and explosive power*
- *Fat loss workouts*
- *Body-weight-based workouts*
- *Plyometric training*
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