



# **Weight Lifting: Basic Moves for Effective Training for Muscle Building in Minimum Time! (A Better Body Forever series) (Volume 6)**

*Dennis E. Bradford Ph.D.*

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**If you want to age well physically, weight lifting is NOT an option!** The question for most of us is: *How can I do it as effectively and efficiently as possible?* Dr. Bradford provides the answer in this book. You'll learn how to begin even if you have never done any weight lifting before (by using your own body as weight). Some benefits: less age-related loss of muscle increase in muscular strength increase in muscular mass less reduction in bone density improved posture & coordination decreased risk of falling You'll learn how to train both effectively and efficiently, so that you will be able to obtain all the weekly weight lifting needed for aging well physically in just one (or, if you prefer), two 10-minute workouts weekly! In addition to initial routines, you'll learn why they work so that you may construct your own. You'll learn exactly how to train safely. You learn about various squat and deadlift variations as well as press variations and chins or pull-downs. You'll learn how to warm up and how to avoid overtraining, too. In short, you'll learn everything you need to know to use weight lifting to age physically as well as possible. Beat the price increase: *Don't wait to buy your copy today!*

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