



# Weight Training for Life

By James L. Hesson

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WEIGHT TRAINING FOR LIFE, Eighth Edition is ideal for anyone interested in learning about weight training. It focuses on helping students learn to plan their own weight training programs for a lifetime of fitness. Whether used for group lessons or as a reference for anyone wanting to get back into a routine, this text is designed to help men and women of all ages and skill level build a solid foundation of current knowledge and practice in weight training, as well as learn the most effective ways to develop the body shape one desires. The text contains hundreds of full-color photos demonstrating exercises and proper techniques. It also contains forms for writing goals, for planning a personal weight-training program, and for recording circumference measurements, strength measurements, and muscle endurance measurements. Readers will learn how to design and maintain a safe, personalized, effective, and enjoyable weight-training program. They will learn that weight training, done properly, can be a fun and beneficial activity. Whether as a required or recommended text, WEIGHT TRAINING FOR LIFE continues to be the best-selling, most visually oriented weight training text in the higher education market.

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## **Editorial Review**

### Review

"I would agree that the material is presented in sufficient depth and detail especially for beginning weight-training students. My students have commented that they enjoyed reading the text because it was not too technical and yet it was very informative. The material presented in this book has in my opinion always been accurate and up to date. This is evidenced by the fact that it is now going in to a 6th edition and because the author keeps up with current recommendations by NSCA and ACSM. The key strengths of this text is the fact that is well organized and is written very concise and to the point without a lot of unnecessary information to bore the reader. It is very student friendly because of this fact. The instructor's manual that comes with the text has been a tremendous help to us (especially when we have had to utilize adjunct and part-time faculty) because the manual gives daily lesson plans and helps organize the class for an entire semester."

"KEY= accurate weight lifting techniques, good pictures of different lifts, and chapter on nutriiton. Chapter 2 includes good questions related to college students' interest... Chapter 13 is the most thorough chapter in the book. The photos in Ch. 7-12 are excellent."

"All in all this text is a very strong addition to any course on beginning weight training or general fitness. It is very easy to read and straight forward in its approach to the topic. The material is accurate and up to date. It contains excellent illustrations and explanations of how to perform many of the traditional strength training exercises. The fact that the text has a motivational 'undercurrent' to its approach is quite good, and I believe effective...This is something that is often missing in similar books."

"I feel the information in the text is of sufficient depth and detail for my students. There is a correspondence between the level of the text and the level of my course. The strength of the text includes its readability (easy to read), its colorful pictures, and useful charts/logs on which to record workouts and other information."

### About the Author

Dr. James Hesson has been weight training continuously since 1960 and had been teaching weight training since 1964. He has taught men and women of all ages, from beginners to elite athletes. His passion and purpose is motivating and inspiring others to achieve personal success in life.

## **Users Review**

### **From reader reviews:**

#### **Nathanael Ma:**

Playing with family within a park, coming to see the marine world or hanging out with friends is thing that usually you may have done when you have spare time, in that case why you don't try matter that really opposite from that. One activity that make you not feeling tired but still relaxing, trilling like on roller coaster you have been ride on and with addition details. Even you love Weight Training for Life, you can enjoy both. It is excellent combination right, you still wish to miss it? What kind of hang type is it? Oh seriously its mind hangout folks. What? Still don't buy it, oh come on its named reading friends.

**Judith Mandel:**

You are able to spend your free time you just read this book this reserve. This Weight Training for Life is simple to create you can read it in the recreation area, in the beach, train and also soon. If you did not get much space to bring the particular printed book, you can buy typically the e-book. It is make you easier to read it. You can save often the book in your smart phone. So there are a lot of benefits that you will get when you buy this book.

**Harold Felix:**

Is it you actually who having spare time subsequently spend it whole day by simply watching television programs or just resting on the bed? Do you need something new? This Weight Training for Life can be the solution, oh how comes? A book you know. You are so out of date, spending your free time by reading in this brand new era is common not a geek activity. So what these guides have than the others?

**Lenore Cortez:**

That reserve can make you to feel relax. That book Weight Training for Life was multi-colored and of course has pictures around. As we know that book Weight Training for Life has many kinds or variety. Start from kids until youngsters. For example Naruto or Investigator Conan you can read and think that you are the character on there. So , not at all of book usually are make you bored, any it offers you feel happy, fun and loosen up. Try to choose the best book for you and try to like reading in which.

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