

100 of the best **Strength Training** Workouts

- ✓ 100 ready-to-use workouts, including:
 - 40 total body.
 - 30 upper body.
 - 30 lower body.
- ✓ A detailed explanation of each workout, including workout recording forms to track your progress. You choose the exercises based on your available equipment.
- ✓ Workout variety: use barbells, dumbbells, plate-loading machines, selectorized machines, body weight exercises and/or other objects -- heavy, moderate and light resistances -- high, medium and low repetitions -- varied rest times between exercises and workout completion times ranging from 5 to 50 minutes.
- ✓ Print the recording forms in color from the enclosed CD, or photo copy from the included card-stock copies that have the workout explanation on one side and the recording form on the other.
- ✓ A variety of workouts that can be used for strength gains, weight gain, fat loss, muscular endurance and conditioning fitness.
- ✓ Instructions and tips on recording workout data, the importance of training intensity and progression, the overload protocols used in all workouts, weekly training formats to use and how to vary training over an entire year for maximum results.
- ✓ A comprehensive exercise list to choose from when selecting exercises: 1) conventional strength training exercises performed with free weights, machines, body weight or other objects/devices and 2) circuit/interval exercises for circuit and interval-type workouts including body weight, implement and running/moving type of exercises.
- ✓ A catalog listing of all workouts that includes a detailed breakdown of each regarding its purpose, the resistances and repetitions used, rest time between sets and exercises, total number of sets used and the approximate time to complete each workout.
- ✓ An outstanding reference for personal trainers, resistance training enthusiasts, coaches or anyone seeking sensible training guidelines, a variety of workouts, proven results, new training plan options and a comprehensive exercise list to reference.