



The Complete Idiot's Guide to Weight Training Illustrated (2nd Edition)

Deidre Johnson-Cane, Jonathon Cane, Joe Glickman, Jonathan Cane

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The Complete Idiot's Guide(R) to Weight Training, Second Edition, Illustrated will be updated to be even more useful to those looking for an approachable, beginner's guide to lifting weights. This book will be revised in The Complete Idiot's Guide's new illustrated format, whereby photos and lines are given just as much attention as the easy-to-read text. Some people learn by reading, others learn by seeing. The Complete Idiot's Guide(R) to Weight Training, Second Edition, Illustrated will appeal to both groups. The book will include multiple exercises for all of the major muscle groups; all new photos for each exercise, depicting the beginning, midpoint, and ending positions of each exercise; new photos depicting the most common mistakes in executing various exercises, so that readers can learn from other's mistakes and not their own; new two-color line illustrations for each paragraph, showing the reader which muscles are involved with each exercise; coverage of all of the things readers need to know before they get started, including nutrition basics, stretching, weight training etiquette, and proper attire; and fitness programs based on the readers fitness goals.

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