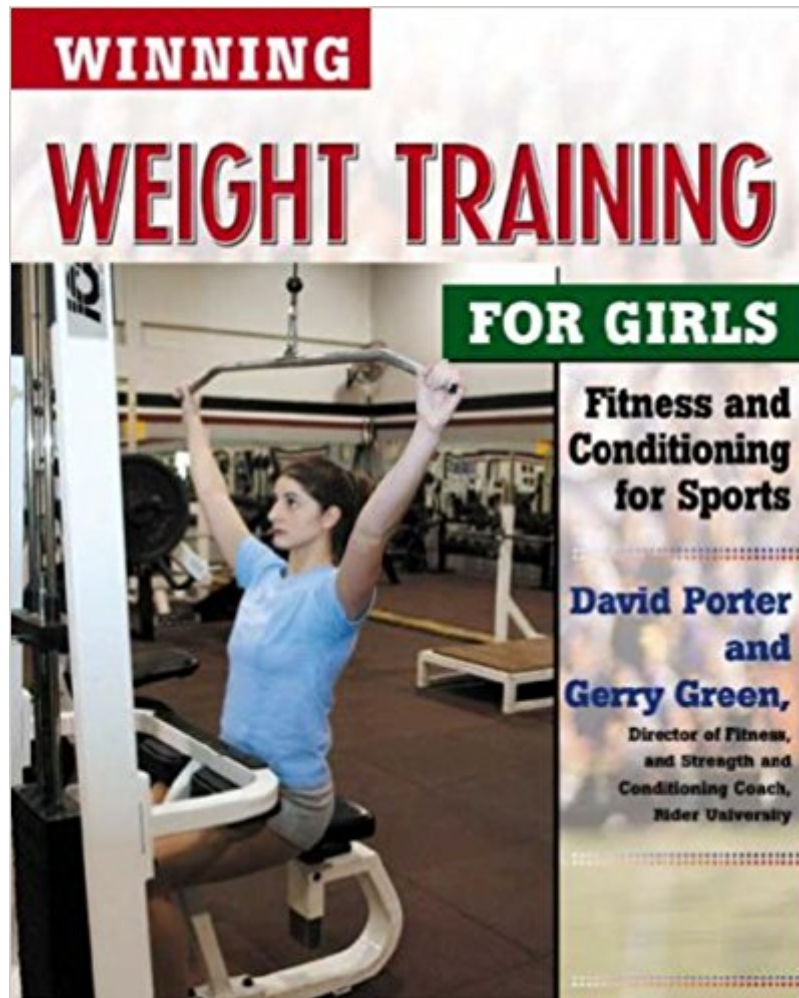




The book was found

Winning Weight Training For Girls (Winning Sports For Girls)



Synopsis

The increasing participation in girls' school sports has led many more girls into the weight room for conditioning and training. As participation in girls' high school athletics has reached an all time high of approximately 2.7 million (40 percent of all high school students), girls' interest in weight training has skyrocketed. Yet there is no comprehensive guide for girls to using the weight room to keep fit and prepare for athletic competition. *Winning Weight Training for Girls* will not be a body building manual, but a training guide for athletic fitness. It will describe the benefits of weight training, the muscles of the body and how they interact, biomechanics, anaerobic versus aerobic exercises, proper use of equipment, circuit programs for different levels of ability, training for performance or injury recovery, controlling weight, and much more. Chapter-by-chapter coverage will explain the basics of weight training with individual focus on the most popular sports. The book will feature a unique approach to training year round and for multiple sports, offering girls the information they need to design a weight program that will enhance their athletic performance and improve their health. It will be illustrated with at least 75 photographs. This will be a new addition to the *Winning Sports for Girls* series and will follow the series format.

Book Information

Series: *Winning Sports for Girls*

Hardcover: 205 pages

Publisher: Facts on File (December 31, 2003)

Language: English

ISBN-10: 0816051852

ISBN-13: 978-0816051854

Product Dimensions: 9.6 x 7.4 x 0.8 inches

Shipping Weight: 1.3 pounds

Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #4,124,144 in Books (See Top 100 in Books) #83 in *Books > Teens >*

Personal Health > Fitness & Exercise #579 in *Books > Health, Fitness & Dieting > Exercise &*

Fitness > For Children #589 in *Books > Teens > Sports & Outdoors*

Customer Reviews

Great book for young girls training for sports

[Download to continue reading...](#)

The Ultimate Guide to Weight Training for Swimming (The Ultimate Guide to Weight Training for Sports, 25) (The Ultimate Guide to Weight Training for Sports, Guide to Weight Training for Sports, 25) Winning Lacrosse for Girls (Winning Sports for Girls) (Winning Sports for Girls (Paperback)) Winning Softball for Girls (Winning Sports for Girls) (Winning Sports for Girls (Paperback)) Winning Basketball for Girls (Winning Sports for Girls) (Winning Sports for Girls (Paperback)) Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training,Puppy training, Puppy house training, Puppy training ... your dog,Puppy training books Book 3) Winning Weight Training for Girls (Winning Sports for Girls) Crate Training: Crate Training Puppies - Learn How to Crate Train Your Puppy Fast and Simple Way (Crate Training for Your Puppy): Crate Training (Dog Training, ... Training, Dog Care and Health, Dog Breeds,) Weight Watchers: Weight Watchers Cookbook-> Watchers Cookbook- Weight Watchers 2016 Weight Watchers Cookbook - Points Plus - Points Plus-Weight ... Points Plus, Weight Watchers 2016) (Volume 1) Weight Watchers Cookbook: 14 Days Diet for Weight Loss and Healthy Habits: (Weight Watchers Cookbook, 14 Days Diet, Weight Watchers Recipes, Weight Watchers 2015, Weight Watchers Diet) Cat Training: The Definitive Step By Step Guide to Training Your Cat Positively, With Minimal Effort (Cat training, Potty training, Kitten training, Toilet ... Scratching, Care, Litter Box, Aggression) Puppy Training: The Ultimate Guide to Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Puppy Training: The Complete Guide To Housebreak Your Puppy in Just 7 Days: puppy training, dog training, puppy house breaking, puppy housetraining, house ... training, puppy training guide, dog tricks) Puppy Training: A Step-by-Step Guide to Crate Training, Potty Training, Obedience Training, and Behavior Training Rowing WOD Bible: 80+ Cross Training C2 Rower Workouts for Weight Loss, Agility & Fitness (Rowing Training, Bodyweight Exercises, Strength Training, Kettlebell, ... Training, Wods, HIIT, Cardio, Cycling) The Ultimate Guide to Weight Training for Roller Hockey (The Ultimate Guide to Weight Training for Sports, 19) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) Weight Loss: Lose Weight and Body Fat: 3 Simple and Easy Methods to Improve: Health, Fitness and Nutrition (Weight Loss Strategies, Proven Weight Loss, ... Habits, Belly Fat, Weight Loss Tips) Winning Volleyball for Girls (Winning Sports for Girls) Winning Soccer for Girls (Winning Sports for Girls (Paperback)) Winning Softball for Girls (Winning Sports for Girls (Library))

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)