

"This book will fly off the shelves and be in constant demand."

This attractive book would be a valuable addition to any public library collection. A descriptive table of contents, a very informative introduction, an illustrated terminology of equipment and body positions, and vocabulary make this a very user-friendly book. Twenty pages on Designing an Exercise Routine are followed by several pages illustrating Stretching and Muscle Anatomy. The three hundred pages of illustrated exercises which follow are divided into sections according to the muscle group being exercised. Each exercise page is broken into the following headings: Major muscles in use, Starting position, Exercise movement, Exercise Technique points and Difficulty rating. Good, clear photographic illustrations. An extensive index of the exercises concludes this worthwhile book. Once discovered by library users, this book will fly off the shelves and be in constant demand.

Wendy McKay, BA.

Retired Director of Library Services,
West Carleton Township Library, Carp, Ontario

WEIGHT TRAINING FOR A NEW BODY

Over 300 Exercises to Tone, Strengthen, and Build Muscle

ABOUT THE BOOK: Easy to use and extensively illustrated, this exercise book enables anyone - from beginner to advanced - to design a personalized weight training and stretching routine for reaching various fitness goals and a desired body shape. The descriptions of the 300 exercises included in the book contain an exercise difficulty rating and an estimated starting weight for both men and women that allows any level of weight trainer to learn new exercises to target problem areas. Additional information includes sample exercise routines for all ages to help increase muscle definition, development, strength, power, or general fitness. A section on stretching covers 26 different exercises to help increase the range or motion of the joints and information on how to incorporate them into your workout. A complete index helps make finding exercises easy and cross-referencing allows you to find similar exercises with different names.

ABOUT THE AUTHOR: Mike Croskery, author of The Weight Trainer's Exercise Handbook, holds a Bachelor's of Science degree in Human Kinetics and is a certified exercise science consultant. He has spent more than fourteen years working with professional and national sports teams and athletes, emergency response personnel, and over a thousand fitness enthusiasts to help them reach their goals through exercise. He has researched muscle growth and strength training and has developed and taught many courses and seminars on these topics. Mike is also a former champion bodybuilder and provincial level competitor.

WHAT OTHER PROFESSIONALS ARE SAYING ABOUT THIS BOOK:

"As an educator at the post secondary level, manager, personal trainer and fitness enthusiast, I value nothing more than having great resources for myself, students and clients. This book is a tool that is thoroughly complete, realistic and practical that I make reference to daily. A must have for any fitness professional and enthusiast."

Tina D'Angelo Dip. F.H.P - WaterART Grand Master Trainer
Professor of Fitness and Lifestyle Management, Algonquin College

***Weight Training for a New Body* - Mike Croskery**

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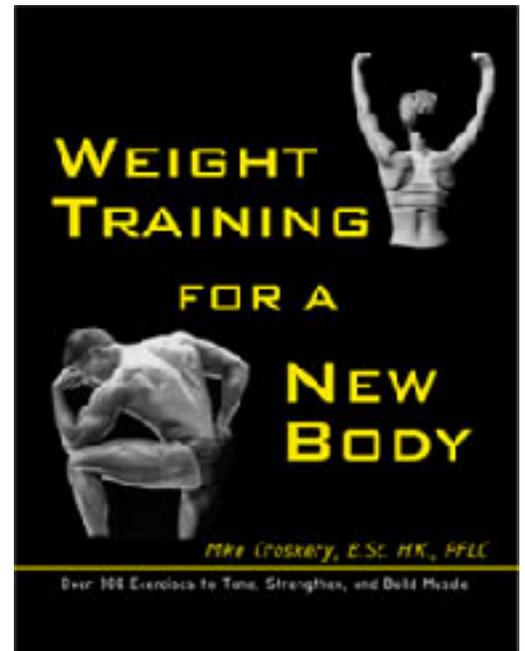
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SAMPLE EXERCISE PAGE

