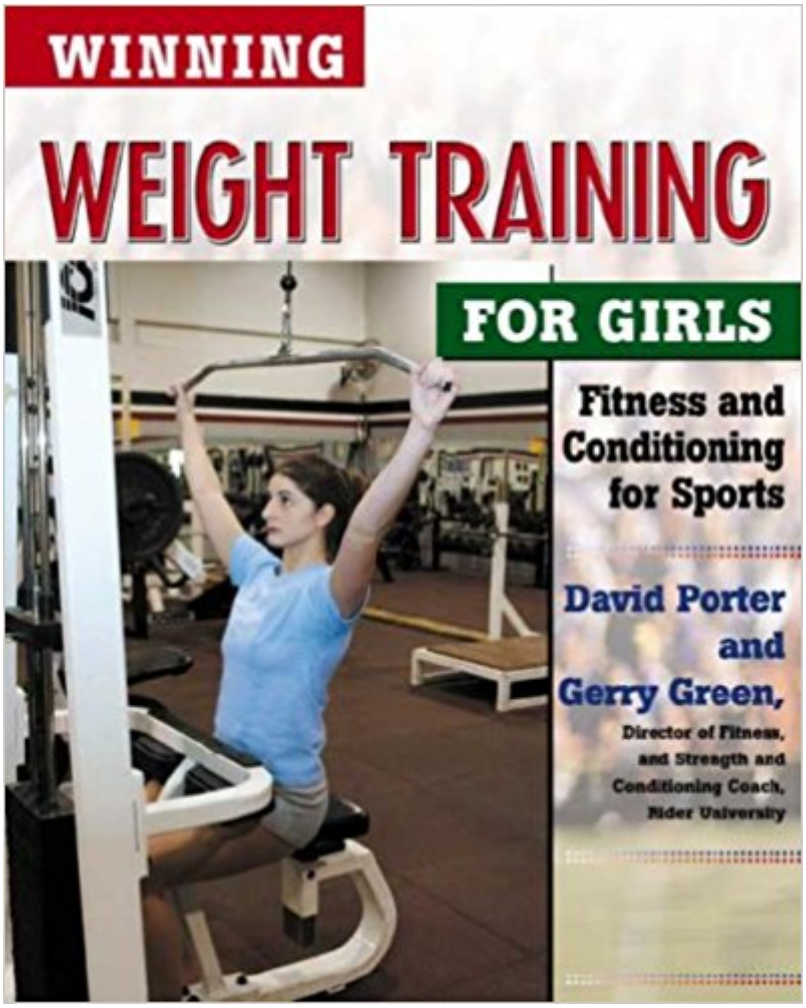
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Winning Weight Training For Girls (Winning Sports For Girls)



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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

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Customer Reviews

Great book for young girls training for sports

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