



# Weight Training for Life

By James L. Hesson

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WEIGHT TRAINING FOR LIFE, Eighth Edition is ideal for anyone interested in learning about weight training. It focuses on helping students learn to plan their own weight training programs for a lifetime of fitness. Whether used for group lessons or as a reference for anyone wanting to get back into a routine, this text is designed to help men and women of all ages and skill level build a solid foundation of current knowledge and practice in weight training, as well as learn the most effective ways to develop the body shape one desires. The text contains hundreds of full-color photos demonstrating exercises and proper techniques. It also contains forms for writing goals, for planning a personal weight-training program, and for recording circumference measurements, strength measurements, and muscle endurance measurements. Readers will learn how to design and maintain a safe, personalized, effective, and enjoyable weight-training program. They will learn that weight training, done properly, can be a fun and beneficial activity. Whether as a required or recommended text, WEIGHT TRAINING FOR LIFE continues to be the best-selling, most visually oriented weight training text in the higher education market.

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## **Editorial Review**

### **Review**

"I would agree that the material is presented in sufficient depth and detail especially for beginning weight-training students. My students have commented that they enjoyed reading the text because it was not too technical and yet it was very informative. The material presented in this book has in my opinion always been accurate and up to date. This is evidenced by the fact that it is now going in to a 6th edition and because the author keeps up with current recommendations by NSCA and ACSM. The key strengths of this text is the fact that is well organized and is written very concise and to the point without a lot of unnecessary information to bore the reader. It is very student friendly because of this fact. The instructor's manual that comes with the text has been a tremendous help to us (especially when we have had to utilize adjunct and part-time faculty) because the manual gives daily lesson plans and helps organize the class for an entire semester."

"KEY= accurate weight lifting techniques, good pictures of different lifts, and chapter on nutriiton. Chapter 2 includes good questions related to college students' interest... Chapter 13 is the most thorough chapter in the book. The photos in Ch. 7-12 are excellent."

"All in all this text is a very strong addition to any course on beginning weight training or general fitness. It is very easy to read and straight forward in its approach to the topic. The material is accurate and up to date. It contains excellent illustrations and explanations of how to perform many of the traditional strength training exercises. The fact that the text has a motivational 'undercurrent' to its approach is quite good, and I believe effective...This is something that is often missing in similar books."

"I feel the information in the text is of sufficient depth and detail for my students. There is a correspondence between the level of the text and the level of my course. The strength of the text includes its readability (easy to read), its colorful pictures, and useful charts/logs on which to record workouts and other information."

### **About the Author**

Dr. James Hesson has been weight training continuously since 1960 and had been teaching weight training since 1964. He has taught men and women of all ages, from beginners to elite athletes. His passion and purpose is motivating and inspiring others to achieve personal success in life.

## **Users Review**

### **From reader reviews:**

#### **Robin Blakely:**

This Weight Training for Life book is not ordinary book, you have it then the world is in your hands. The benefit you get by reading this book is actually information inside this publication incredible fresh, you will get details which is getting deeper an individual read a lot of information you will get. This particular Weight Training for Life without we realize teach the one who reading through it become critical in imagining and analyzing. Don't be worry Weight Training for Life can bring when you are and not make your handbag space or bookshelves' come to be full because you can have it with your lovely laptop even mobile phone. This Weight Training for Life having fine arrangement in word and layout, so you will not really feel uninterested in reading.

**William McDowell:**

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