



Exercise in Action: Strength Training

Hollis Lance Liebman

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Whether your focus is your abdominals or your legs, you can strengthen key parts of your body with *Exercise in Action: Strength Training*. This book is organized into clearly illustrated instructional guides that help you easily follow each exercise. Begin with a complete warm-up and stretching exercises, then choose your target areas through the easy-to-follow format. From chest and abdominals to arms and shoulders, each category consists of a variety of strength exercises allowing your body to always be challenged. The innovative, visual guide illustrates each movement clearly, assuring that you do the exercises correctly. With over 150 pages of step-by-step exercises, *Exercise in Action: Strength Training* is the next best thing to having a personal trainer right in the room with you.

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