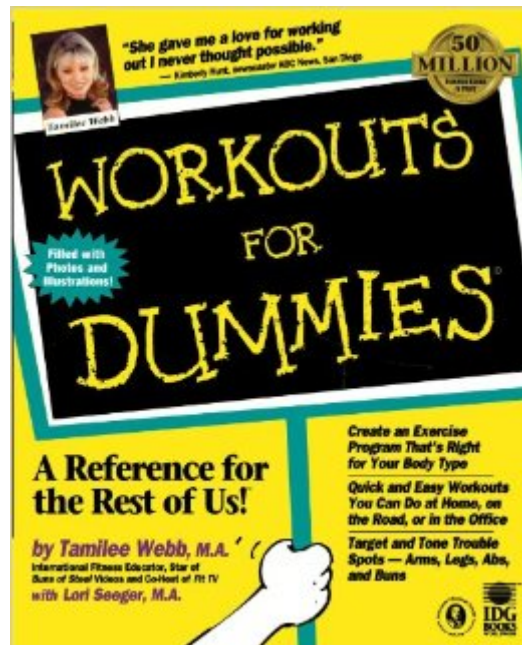


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Workouts For Dummies



Synopsis

Every few months a new diet, wonder drug, or workout machine hits the market promising instantaneous results. Unfortunately, none of these fads ever seems to work. That's because the secret to good health is based on a balanced workout routine, which consists of eating a healthy diet, exercising, resting your body, and doing your best to find balance in all aspects of your life. If you can dedicate yourself to this goal and are willing to work for what you want you can have a healthy and fit body. *Workouts For Dummies* by Tamilee Webb, whose buffed body is the star of the Buns of Steel workout video series, will show you how to get the most out of your workout routine no matter what your current level of fitness. If you're a workout enthusiast this book will help you shape up with easy workouts you can do anytime, anywhere. Even if you've never exercised, don't worry—this book starts with basic topics such as choosing shoes and warming up. *Workouts For Dummies* covers everything you'll need to create an effective exercise program, starting with an explanation of body types (so you don't think you'll end up looking like Cindy Crawford if you don't already) and the workouts that suit your body type. You'll also find directions for stretches, aerobic exercises, muscle conditioning (using weights, furniture, exercise bands, and bars), and workouts for different locations (home, office, gym), all with illustrations. *Workouts For Dummies* also deals with the following topics and much more: Creating a personalized workout Warming up, cooling down, and stretching Preventing common injuries Targeting and toning trouble spots Evaluating equipment, gear, and gadgets Determining your fitness level Working out while traveling Filled with expert tips, techniques, and step-by-step photos that illustrate over 100 exercises, *Workouts For Dummies* will help you make exercising an enjoyable part of your life.

Book Information

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Customer Reviews

Tamilee guides you through figuring out what your body type is and what sports might be suited for you. Where she excels, though is on working out different parts of the body, like specific toning exercises for your arms or legs, which are very effective, especially if you use weights. She explains the correct form and considering this is a book, it's quite well done. All in all, a good book if you're getting started.

I love this book. This is a book for people who are basically brand new to exercising and healthy living, in a sense. The book goes through basic workouts to get anyone started on the road to health. I am an exercise sports science major with a minor in nutrition, and I have recommended this book, as well as, Nutrition for Dummies, Weight Training for Dummies and Fitness for Dummies, to many of my personal training clients. I love the whole line of books. I love the fact that someone thought to write books that people with no background in the subject area could use, and get something great out of the reading, and especially understand it. My clients have even recommended the books to other friends and family. I even get referrals off of the books, when they are recommended. Good job guys.

What do you do when you've just been hired by a client who hasn't exercised in 26 years, or someone who has just been cleared by their doctor to workout? Well, the knowledge that I have is helpful, but sometimes you need to have the basic knowledge laid in front of you....and you kind of pick up what's really important. That's what I found after buying this book, it reminded me of the important things to focus on, while training and educating a new exerciser.....the results? the clients become very confident! Which I think is wonderful to all exercisers, regardless of whether they have trainers or not. I found the specific exercises for working the different body parts to be really cute!-it really reminded me that no matter how advanced I may be with my knowledge, the winner is always the person whose mastered the basics. This is the type of book you definitely want to have in your library, alongside other advanced books you may have.

This is okay but not what I thought. I am more of a visual person, and this is more verbal. A lot of reading and little description. I wish it had more workouts already put together. The information is

there but you still have to put the workouts together.

I bought this cuz I wanted to arrange a simple schedule for my bodybuilding program and it really didn't help me that much...this book is filled with common sense knowledge...nothing more, no good help for even a beginner bodybuilder or an average educated person!

Hmmm...I think I ordered the wrong book. I'm new to this dieting and working out thing so I'm not as serious about the process as maybe I should be. But one thing I do know about myself, I'm not getting on the floor to do any exercise period. I went on and bought an elliptical machine that I am very happy with. As I flip through the book, it seemed to be quite informative and I do believe the author knows what she is talking about but it just wasn't for me (too much, too soon). I may go back to it in a year or so...

I just bought this book about a week ago. I found it to be very practical. The discussion of body types, the guide on how to measure yourself, and the pictures showing correct form for different exercises were great. If you're new to working out and interested in getting more toned this book is a great place to start.

It is the one of the best. It is more used for general fitness than serious weight lifter. Usually, it takes a few months to notice result in weight training, as such, it is important to keep a training log. For convenient and sustainable motivation, I have used my mobile phone as a log from [...] in the gym.

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