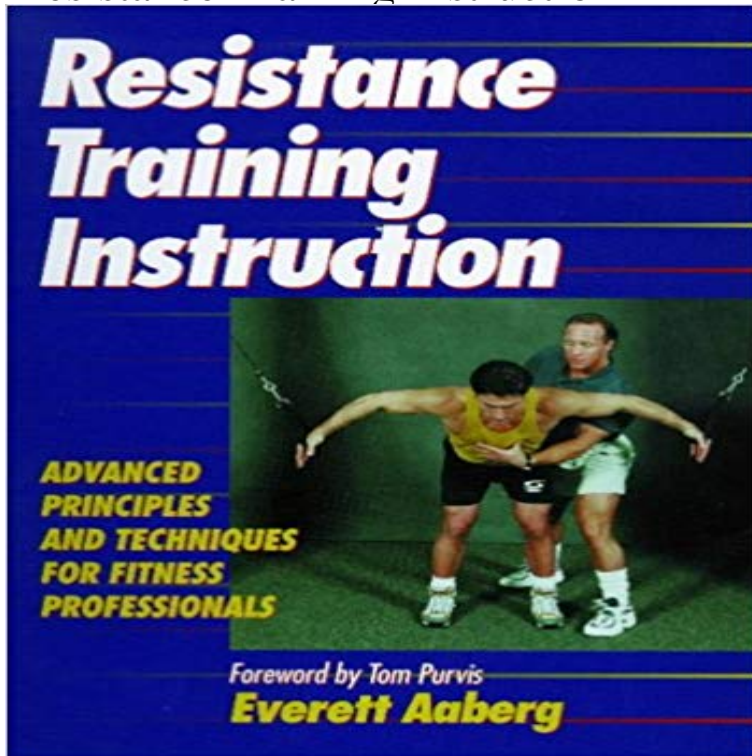


Resistance Training Instruction



Resistance training builds muscle, prevents and rehabilitates injuries, fights disease and is helpful in improving the way people look and feel. This source of biomechanical information on form and technique is written to help athletes learn the safest, most effective way to perform resistance training exercises. It shows the proper technique for 73 exercises that target every major muscle group. There are step-by-step instructions for set-up and technique, photographs show the correct start, finish and mid-point positions, illustrations show which muscles should be used in each exercise, and there are tips for coaches on positioning and working with clients.

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