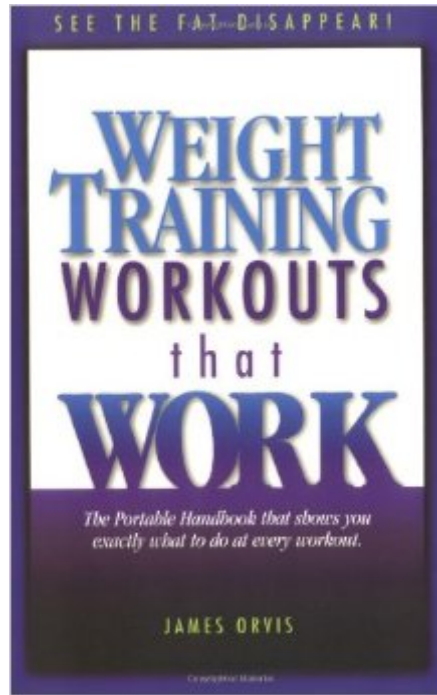


The book was found

# Weight Training Workouts That Work



## Synopsis

Did you know your muscles burn 90% of your calories everyday. IT'S YOUR METABOLISM!! And your losing those fat-burning muscles unless you learn a little weight training. It's that simple - or is it? **Weight Training Workouts that Work** takes all the guesswork out of weight training. Using easy-to-follow proven workouts and three detailed photos of the best exercises, learn the right way to lift weights in less than 30 minutes. Then just take this handbook to your workouts and follow the simple workouts and exercises to burn away unwanted fat and reshape your body! **Weight Training Workouts that Work** shows you the most productive exercises and proper form, how many sets and repetitions to do, what days to workout and of course how much weight to use. It's very easy and it works for anybody, any age!

## Book Information

Paperback: 150 pages

Publisher: Ideal Pub; Lay Flat edition (April 1, 2000)

Language: English

ISBN-10: 0967518822

ISBN-13: 978-0967518824

Product Dimensions: 0.5 x 6 x 8.8 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (74 customer reviews)

Best Sellers Rank: #1,187,485 in Books (See Top 100 in Books) #78 in [Books > Cookbooks, Food & Wine > Regional & International > European > German](#) #186 in [Books > Cookbooks, Food & Wine > Regional & International > U.S. Regional > Middle Atlantic](#) #14163 in [Books > Health, Fitness & Dieting > Diets & Weight Loss](#)

## Customer Reviews

I had been weight training for about two and a half years before purchasing this book. I've tried numerous routines over that time - some I've found online, some I pulled from magazines and books - and I usually get bored after a couple months, so I wanted to try Orvis' technique. First off, be aware that this book is designed for the entry-level lifter. It assumes you either (a.) seldom/never lift free weights or (b.) have been out of lifting for a while. This book is perfect for that gym-goer who is afraid of leaving the Nautilus/cardio areas of the gym. It starts you off relatively slow with total body workouts and by the second month has you working a more typical bodybuilding schedule grouped by muscle area. The schedule has you working out three days a week, and most workouts can be

completed in about 30-45 minutes assuming you don't have to wait for any machines/benches. Orvis doesn't cover cardio or nutrition. While that would be a nice addition, the book never makes the pretense of being a comprehensive fitness book - it solely delivers weight training workouts. What I enjoyed most about Orvis' plan was the all-inclusive workout style. When so many programs tout one or two methods of lifting (pyramid, inverted pyramid, super sets, drop sets, etc.), he covers every one of these, rotating through different training styles every couple of weeks. The lifting variety will keep the program interesting and will also prevent your muscles from growing accustomed to a single routine and plateauing. Having worked out for some time, I was impressed when my muscles were sore after starting the super set training week. The main problem I found was that Orvis' program sometimes overlooks certain muscle groups for an entire week.

[Download to continue reading...](#)

Weight Watchers: 23 Healthy Snacks To Lose Weight Fast: (Weight Watchers Simple Start ,Weight Watchers for Beginners, Simple Start Recipes) (Weight ... Simple Diet Plan With No Calorie Counting) Weight Training Workouts that Work Weight Watchers Smoothies: 77 Weight Watchers Low Calorie Smoothie Recipes: (Weight Watchers Simple Start ,Weight Watchers for Beginners, Simple Start ... Simple Diet Plan With No Calorie Counting) Weight Watchers Diet Box Set: (3 in 1) Weight Watchers Freezer Meals, Weight Watchers Pressure Cooker & Weight Watchers Dutch Oven Recipes Dog Training: A Step-by-Step Guide to Leash Training, Crate Training, Potty Training, Obedience and Behavior Training Juicing for Weight Loss: Unlock the Power of Juicing to Lose Massive Weight, Stimulate Healing, and Feel Amazing in Your Body (Juicing, Weight Loss, Alkaline Diet, Anti-Inflammatory Diet) (Volume 1) What I'd Teach Your Horse: Training & Re-Training the Basics (Horse Training How-To) (Volume 8) Puppy Training Guide 4th Edition: The Ultimate Handbook to Train Your Puppy in Obedience, Crate Training, and Potty Training Vocal Workouts for the Contemporary Singer (Vocal) (Berklee Press) (Book & Online Audio) Spartan UP! 2017 Day-to-Day Calendar: 365 Tips, Recipes, and Workouts for Living Spartan Spartan UP! 2016 Day-to-Day Calendar: A Year of Tips, Recipes, and Workouts for Living Spartan The Rider's Fitness Program: 74 Exercises & 18 Workouts Specifically Designed for the Equestrian Common Core Math Workouts, Grade 8 Common Core Math Workouts, Grade 6 Boxing WOD Bible: Boxing Workouts & WODs to Increase Your Strength, Agility & Coordination for Boxing, Fitness & Fat Loss Workouts in Intermediate Microeconomics: for Intermediate Microeconomics and Intermediate Microeconomics with Calculus, Ninth Edition The Koehler Method of Guard Dog Training; An Effective & Authoritative Guide for Selecting, Training & Maintaining Dogs in Home Protection, Plant Security, Police, & Military Work Two Best Sellers Book Bundle: Weight Loss, Addiction and Detox Series! (Enhanced

Edition): 'Weight Loss by Quitting Sugar and Carb!' 'Dash Diet: Heart Health, High Blood Pressure, Cholesterol' Alkaline Juicing: Supercharge Your Body & Mind, Speed Up Massive Weight Loss (Naturally!), and Stimulate Holistic Healing (Alkaline Diet Lifestyle, Alkaline Diet for Weight Loss) (Volume 7) Juicing To Lose Weight: Fat Burning Juices & Weight Loss Blender Recipes Juice: Juicing Vegetables, Juicing Fruits, Juicing Alkaline, Juicing Raw & Juicing Paleo

[Dmca](#)