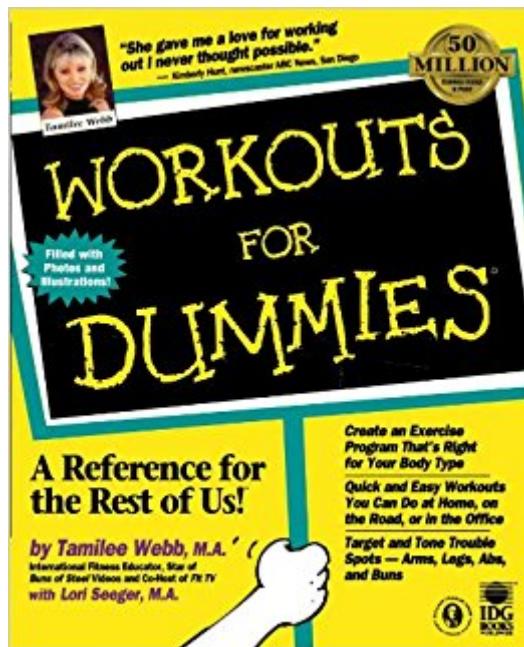


The book was found

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

Workouts for Dummies by Tamilee Webb, whose buffed body is the star of the Buns of Steel workout video series and frequent TV appearances, is a fine source of motivation, information, and specific workout programs. Even if you've never exercised, don't worry--the book starts with topics as basic as choosing shoes and warming up. Then it 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. The book gives 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. This is a lively, unintimidating workout guide, a good companion if you're just starting out. (A little self-serving, though: one chapter is devoted to "Tamilee's Top Ten Workout Videos.") Confused by all the For Dummies exercise books? If you want a more strenuous strength-training program using free weights and gym machines, try Weight Training for Dummies--it explains how and illustrates exercises. If you're a beginner, Fitness for Dummies is a terrific introduction to exercise and a precursor to this book, with an overview of everything you need to know to get started safely and effectively. --Joan Price

"This book is simple, informative, and fun. You'll love it!" Jake Steinfeld, CEO, Body By Jake Enterprises Praise for Workouts For Dummies® "Longtime fitness instructor Tamilee Webb tells you everything you need to know about designing a workout you'll stick to and see results from." *— Detroit News* "Combines all of Ms. Webb's experience as a master fitness trainer into an easy-to-understand format to help you reach your fitness goal." *— Cincinnati Enquirer* Step-by-step photos illustrate over 100 exercises Shape up with easy workouts you can do anytime, anywhere Get the skinny on what body type you are *—* and create a customized exercise program that works for you! Filled with expert tips, techniques, and step-by-step instructions, Workouts For Dummies® will help you get the most out of your routine, whether you're working out at home, at the office, or in the gym. Discover how to: Create a personalized workout Target and tone trouble spots Evaluate equipment, gear, and gadgets Prevent common injuries Work out while traveling *—* and even at work Get smart! www.dummies.com Register to win cool prizes

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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.

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...

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 have incorporated some things in this book into my daily routine

Great Book!!

Wow A+, excellent product, super fast shipment, would buy from again!!

given as a gift

although a bit of excess discussion the basic material is good and enables one to build a good program

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