

# Strength Training and Endurance A Beginner's Guide



**ABS** Plank Pose Leg Lowering Reverse Crunch



**Back** Shrugs Bent Over Rows DeadLifts



**Biceps** Hammer Curls Curls Standing Calf Raise



**Chest** Chest Press Chest Fly Push Ups



**Hams/Glutes** Bridge Pose Leg Curls



**Quads** Squats Jump Squats Lunges



**Shoulders** Front Raise Lateral Raise Standing Row



**Triceps** Overhead Extensions Tricep Kickbacks

Add some Cardio for a full Fat burning, Muscle Toning workout

# Strength Training For Beginners

**Lei Shi**



## **Strength Training For Beginners:**

## **Strength Training For Beginners** Book Review: Unveiling the Power of Words

In a global driven by information and connectivity, the power of words has be much more evident than ever. They have the capability to inspire, provoke, and ignite change. Such could be the essence of the book **Strength Training For Beginners**, a literary masterpiece that delves deep in to the significance of words and their effect on our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall effect on readers.

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