



The Gold's Gym Beginner's Guide to Fitness

David Porter

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The top gym in the nation leads the way in fitness programs for every need and physique

Written especially for those with little or no gym experience, *The Gold's Gym Beginner's Guide to Fitness* is a cutting-edge, balanced, and straightforward guide to total fitness for the novice exerciser. Readers learn about various training methods, the latest fitness technology, and the most modern exercises for developing target muscle groups such as the upper back, lower back, chest, shoulders, arms, abs, legs, and buttocks. And they get:

- Expert advice on cardiovascular conditioning, flexibility, aerobics, and nutrition
- Alternative workouts for when they can't get to a gym
- 175 inspiring and instructive photographs, shot on location at Gold's facilities

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