



## The Complete Holistic Guide to Working Out in the Gym

By Igal Pinchas, Dr Yigal Pinchas

Contento Now, United States, 2011. Paperback. Book Condition: New. 277 x 213 mm. Language: English Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.A comprehensive guide that enables you to get the most from your gym workout, this sought-after book includes detailed information on planning, executing and maintaining a fitness regime. More than a simple instruction manual, it is a valuable resource on nutrition, approaches and attitudes to working out, and using exercise to create a healthy lifestyle. Drawing on years of research and experience, author Yigal Pinchas integrates theory and practice, in over 300 illustrations and an accompanying DVD, to describe how to perform the exercises to reach your training goals without injury. The guide is structured to allow readers to progress all the way from the first tentative steps to an advanced stage of independent, effective exercise. Yigal Pinchas Ph.D is a lecturer at universities in Israel and Canada. He is the coordinator of the fitness and health program at a prominent Israeli college and a senior lecturer of the Wingate Institute Gym Management course.



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