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## MUSCLE UP: HOW STRENGTH TRAINING BEATS OBESITY, CANCER, AND HEART DISEASE, AND WHY EVERYONE SHOULD DO IT (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Over the past few decades, mainstream health experts have universally recommended aerobic exercise as a uniquely health-promoting activity. Yet now, Americans are fatter than ever. Aerobic exercise not only has a very poor record at fat loss, it might even cause weight gain. Strength training - also known as weightlifting or resistance training - has...

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- Authored by P D Mangan
- Released at 2015



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