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attached. Begin your workout slowly to build strength and stamina, especially if you are new to exercise.

### **Instruction Manual & Exercise Guide**

The primary objective of this manual is to prepare you to identify flaws in exercise performance (e.g., posture and technique), fatigue, using too much resistance (or not enough), proper use of the appropriate metabolic energy system, and athlete readiness.

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- Identify the predominant muscle groups, body areas, and



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Exercise Technique Manual for Resistance Training, Third Edition With Online Video, is organized by body region, including total body, lower body, upper body, and core, and focuses on specific resistance training exercises that pertain to each region. Every chapter contains a table that describes each exercise's concentric action, predominant muscle groups, and muscles involved, enabling readers to understand the impact of the exercises on each body region.

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