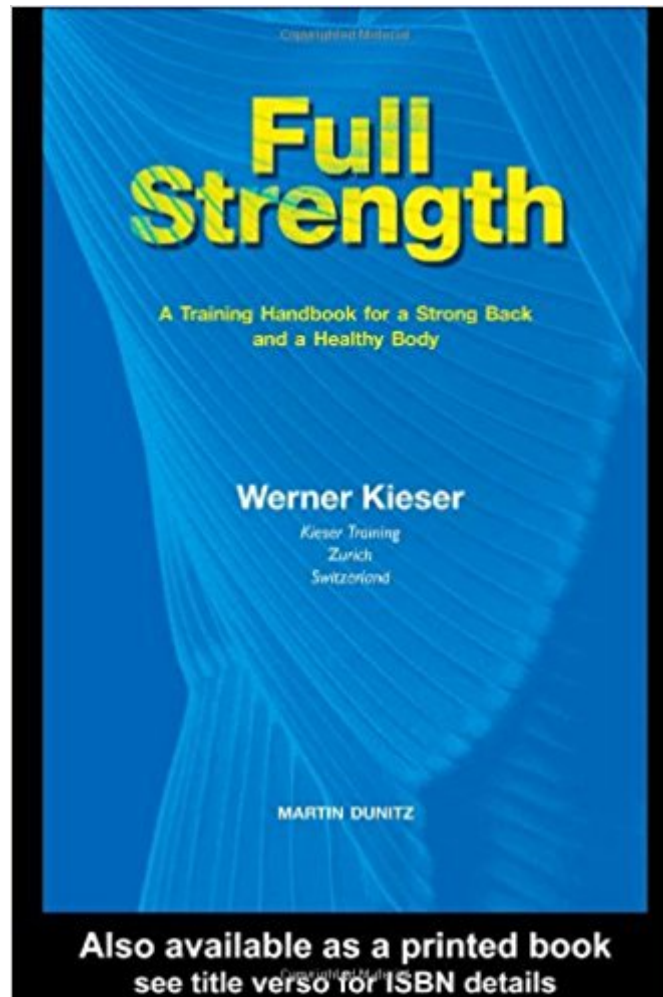


The book was found

Full Strength: A Training Handbook For A Strong Back And A Healthy Body



Synopsis

Chronic back pain is a serious problem and one that causes great frustration and fatigue in the patient. Many patients, however, suffer needlessly. Their conditions are treatable, yet they soldier on, believing that there is no solution. In this concise and clearly presented manual, the author explains the Kieser training methods for tackling and preventing back problems. Full Strength discusses the benefits of using weights to develop and maintain the musculoskeletal system, and it also explodes some of the popular myths about strength training. General practitioners, physical therapists and personal trainers can benefit greatly from this volume.

Book Information

Paperback: 208 pages

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Average Customer Review: 5.0 out of 5 starsÂ Â See all reviewsÂ (1 customer review)

Best Sellers Rank: #1,273,443 in Books (See Top 100 in Books) #545 inÂ Books > Textbooks >

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Customer Reviews

Werner Kieser is a most successful trainer for physical exercise concentrating on improving muscular strength to reduce or even eliminate back pain. As far as I know he is running more than 250 training centers in Central Europe with extreme success. Unfortunately there is no center existing in North America. His book illustrates the principle behind training as well as the exercises. I have participated in the described training for the last three years and I became pain free after only six weeks of training. The reason I bought this book is that I have a relative in Canada who suffers from back pain. I read the book, found it easy to understand, very informative and perhaps the principles are applicable outside the specialized Kieser Training Centers.

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Puppy Training: Puppy Training for Beginners: The Complete Puppy Training Guide to Crate Training, Clicker Training, Leash Training, Housebreaking, Nutrition, and More
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Body Language: Body Language Training - Attract Women & Command Respect, by Mastering Your High Status Body Language (Body Language Attraction, Body Language ... Language Secrets, Nonverbal Communication)
Puppy Training Guide 4th Edition: The Ultimate handbook to train your puppy in obedience, crate training and potty training (Training manual, Puppy Development, ... Training, Tracking, Retrieving, Biting)
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