

Black's Training Journal: Track All of Your Workouts, Personal Training Sessions and Body Measurements (Paperback)



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Reviews

A high quality ebook along with the font employed was fascinating to read. It really is written in easy phrases rather than confusing. I am just easily can get a satisfaction of looking at a composed publication.

(Isai Bradtke)

BLACK S TRAINING JOURNAL: TRACK ALL OF YOUR WORKOUTS, PERSONAL TRAINING SESSIONS AND BODY MEASUREMENTS (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****.Black s Training Journal? You have access to the best trainers around, now it s time for you to monitor your progress! This will not only be a teach tool, and educational aide, but also valuable in recording which exercises a client has performed as they strive to reach their personal fitness goals. So what s our goal with all of this? Losing fat and building muscle, plain and simple. One concept that many people seem to have a problem with is the idea that in order to keep fat off of your body you need to put on muscle. While at first glance this may seem counterproductive - gaining weight in order to lose weight - it s all about metabolism. Metabolism can be summed up as all of the chemical reactions that take place within an organism. In terms of weight loss and fitness, metabolism basically means all of those calories that your body burns throughout the day. Your resting metabolic rate would be the amount of calories your body is burning when you are at rest - sleeping, napping, watching women s golf, etc. Our goal is to add lean tissue and in turn elevate our resting metabolic rate. Muscle creates metabolism. But how? As we add lean muscle to our bodies that muscle will require extra calories to survive. Imagine adding a bunch of plug-in space heaters into your apartment during the winter. As we keep adding heaters, the energy demands go up and our electric bill rises. More heaters, more heat. Similarly, as we keep adding lean muscle, our body must use more calories to operate that new muscle. Just...



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