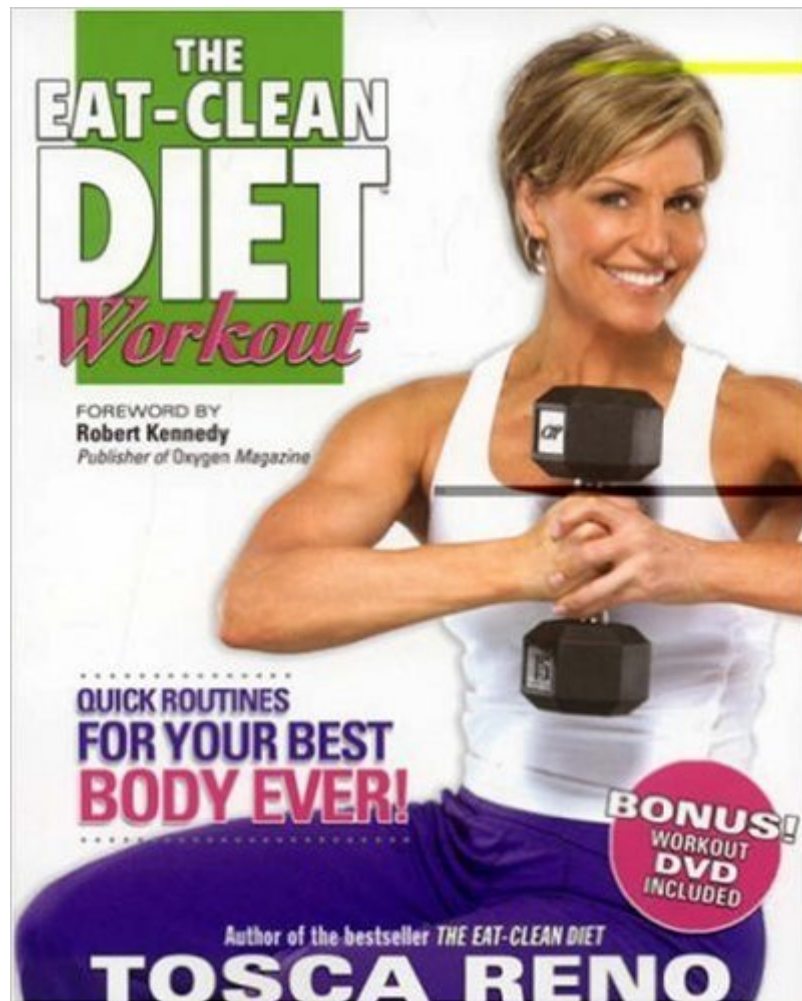


The book was found

The Eat-Clean Diet Workout: Quick Routines For Your Best Body Ever (with DVD)



Synopsis

Eating Clean gets and keeps you lean. But if you want your metabolism to burn faster than ever before; if you want to shape the body you've always wanted; then The Eat-Clean Diet Workout is for you. Think fitness comes only with hour upon hour of exercise? Nope! Tosca will show you that you can have a better body than you ever dreamed possible, in 30 minutes a day, four days a week. Don't believe it? You will, 'cause Tosca's workout will get you there.

Book Information

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Average Customer Review: 4.3 out of 5 stars Â Â See all reviews Â (60 customer reviews)

Best Sellers Rank: #784,211 in Books (See Top 100 in Books) #97 in Â Books > Health, Fitness & Dieting > Exercise & Fitness > Stretching

Customer Reviews

This is a very informative and easy to read book that gives you the knowledge and inspiration you need to take charge of your own workout and achieve the fitness goals YOU set. The author assumes no prior knowledge of weight training on the part of the reader and explains the basics in a clear, concise manner. At the same time she gives to-the-point guidance for all levels of fitness and how to adjust your workout as your fitness level improves. While the focus of the book is definitely oriented towards weight training, there is a lot more to weight training than just lifting a dumbbell and Tosca addresses this. The first half of the book is chock full of excellent information. Not just proper form and how much/often to train, but things such as evaluating your current fitness level, tools and gadgets, nutrition, supplements, body proportion, mental attitude, sticking with it and more. In addition there are tons of helpful little tips throughout the book. The second half of the book is the workout portion. It starts with beautiful anatomical drawings clearly identifying each of the primary muscles that are the focus of weight training. In each of the following sections (Chest, Legs, Arms, Abs, Shoulders, Back) Tosca gives a variety of exercises for each muscle group. She gives a few examples with machines but most of the exercises can be done with only dumbbells or dumbbells and

a bench. A few, such as lat pulldowns or chin lifts, require a machine or special bit of equipment but that is simply the nature of that exercise. Each exercise is well explained and accompanied by clear, good quality photos of Tosca performing the move.

This book is just what I needed! I purchased it after one of the reviews here stated that the included DVD showed proper weight training form. The book itself starts by listing the benefits of weight training. Reno advises the reader to start slow with light weights and build gradually. She says to have realistic goals and make a plan. Correct form is stressed and pacing of the workout is discussed. Reno recommends keeping a weight training journal. An official "Eat-Clean Diet Workout Journal" is available, but unnecessary. You can simply use a spiral notebook and list the date, exercise, weight used, number of sets and reps. There are also sample pages from the journal in the back of the book that can be copied. Of course Reno says to eat healthy (eat-clean) and drink plenty of water. Bodybuilding tools and vitamin supplements are discussed. There is a chapter on building ideal proportions that interested me and was the final clincher for purchasing the book. After that are charts for beginner, intermediate and advanced routines. This is followed by a chapter on each body part: chest, thighs and calves, biceps and triceps, abs, shoulder shaping, and the back. Exercises are shown with clear directions for each and their specific target. The book then goes into training principles for competition. The DVD is 30 minutes long and is essentially a primer on weight training. It is not a workout routine (I already have many of those) but rather a demonstration of how to do 9 moves correctly. 5 - 20 pound weights are used. The moves demonstrated are: seated shoulder press, dumbbell bench press, lunges, reverse crunch (toe to ceiling for bad backs), stiff leg dead lifts, single arm rows, standing dumbbell curls, single arm triceps extension and single leg raises.

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