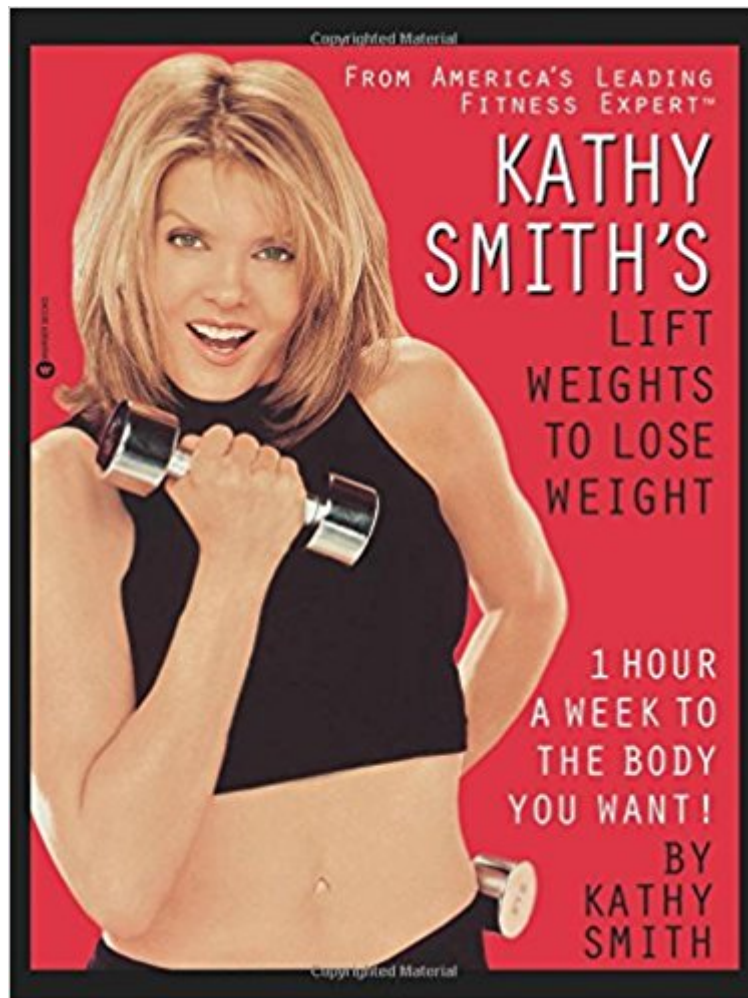




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Kathy Smith's Lift Weights To Lose Weight



Synopsis

From America's Leading Fitness Expert comes Kathy Smith's *Lift Weights To Lose Weight*, a 12-week guide to boosting metabolism, toning & sculpting the body, building stronger bones, & getting the body you want.

Book Information

Paperback: 304 pages

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Shipping Weight: 1.8 pounds (View shipping rates and policies)

Average Customer Review: 3.6 out of 5 stars 16 customer reviews

Best Sellers Rank: #757,104 in Books (See Top 100 in Books) #71 in [Books > Sports & Outdoors > Miscellaneous > Women in Sports](#) #808 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Weight Training](#) #1831 in [Books > Health, Fitness & Dieting > Women's Health > General](#)

Customer Reviews

After some 20 years as a highly respected aerobic fitness instructor and health promoter--one who rarely uses the phrase "lose weight"--Kathy Smith is shifting her priorities. "I would never want to choose, but if I could only do one form of training from now on, I'd give up cardio and focus on weight training." A strong statement, indeed! The title of this, her fourth book, suggests Smith's goal is to help exercisers lose weight. But as readers work through the engrossing chapters on physiology, exercise basics, and making the shift from aerobics to weight lifting, Smith says they'll note that weight loss is simply a pleasant by-product of the true benefits generated by this straightforward, nonthreatening weight-lifting program. Smith believes in the power of consistent, progressive exercise with free weights and weight-lifting machines to counteract the muscle loss and slower metabolism that naturally come with age and typically cause the pounds to pile on. Her 12-week "mini commitment" eases newcomers into a comprehensive program of weight lifting and sensible eating, and includes weekly checklists for tracking workouts and meals. Large photos accompany clearly written descriptions of more than 60 stretches and exercises, nicely organized by muscle group (chest, back, abdominals, and so on). Just pick a gym or a room at home, and

Smith will provide the routine. Advocates of her popular fitness videos (more than two dozen to date) will appreciate Smith's natural warmth, encouragement, and intelligence throughout this motivational book. --Liane Thomas

Smith has been a visionary in the fitness industry for more than 20 years. She is a member of the Woman's Sports Foundation's board of stewards. Robert Miller is Director of the Parliamentary Centre, where he has championed parliamentary-strengthening programs in Southern Africa and Southeast Asia.

Prior to reading this book, I only used weights if they were part of an aerobics class. Now I have the confidence to walk into a weight room at a gym! Kathy teaches readers how to use weights both at home and in the gym setting. The how-to photos are very helpful. I also enjoyed the chapter on diet and was impressed by the fact that Kathy consulted with a Registered Dietitian for guidance on the nutrition chapter. I would recommend this book to anyone interested in learning how to incorporate strength training into their fitness routine.

Still good info, second copy.*Just rerated this item. The ebook version is okay except for the charts, they are illegible. You can't see the weekly plans, they are poorly scanned.

Kathy Smith's companion book Lift Weights to Lose Weight to her popular tape and DVD is a strong reinforcement to her weight lifting program. The book describes additional sets, and is a complement to the tape. The extra information about benefits from weight lifting for general health and fitness is valuable. When I need a little renewal I read a few chapters in the book and I'm on track to keep with the program.

I hated this book because it did not provide much exercises that I can do at home to lift weights to loose weight. I mostly saw gym equipment machines and weights for a workout.

I purchased this book years ago used it to workout. I seen a major change in my body a transformation for me and exercise partner we were proud of. I then go sick and stop exercising for several years. I have misplaced my book and just purchased a second copy there was no need to look for a different system when this one work so well in the past. I lost of 50 lbs in the past using only her fitness instructions and a sensible diet. My son who is training for a Physic Show has use

some of the information in this book to assist him in understanding building of muscles. Great Book would recommend to anyone serious and new to fitness.

This a wonderful volume for the beginning weight-trainer or for anyone looking to bust through exercise plateaus. The book starts off with several chapters containing tips, motivation, and useful information pertaining to weight-training including the comment that got me hooked on weight-training in the first place. (My favorite comment is when Kathy mentions the ridiculousness of people who recommend that women begin weight-training with cans of soup.) This volume contains three different levels of workout, each with its own combination of exercises. Each exercise has its own double-page spread with one page featuring photographs illustrating the motion and the opposite page featuring detailed instructions for the movement. The back of the book contains an exercise log to keep you at the top of your game and provide a handy reference to the exercises you will be doing. Several stretches are illustrated in the volume as well and will be the perfect complement to your routines. A Top-Notch Book.

When I bought this book I didn't know the difference between a rep. and a set. I have enjoyed the benefits of cardio workouts for years and I felt like I was ready to go a step further and begin strength training. This book was EXCELLENT to give me the exact insight I needed to get started. Kathy takes an approach that is often sadly missed in weight training books, she gives as much attention to home weight training as gym weight training. I love to train at home, and hate the gym scene, and yet so many books only tell you how to work muscles using only specifically designed weight training machines, available only at the gym. From the beginning Kathy explains both the pros and cons of home and gym training and lets the reader choose. From there she balances her attention between both the home and the gym scene. I particularly loved that she went on to give helpful tips in starting your own at home set of weights for much less than you would think, and she explains how to add on to that set and what at home machines are worth their weight in gold vs. which one will more than likely only collect dust. Kathy goes on to explain the benefits of weight training and as well as tips to the most effective methods. For each exercise she specifies the muscle that is going to be targeted, the set up for the exercise, exactly what to do during the exercise, and what you need to focus on. By the time I was through this book I was sounding like one of my friends who is an actual trainer. This book offers great insight on weight training and I highly recommend it to anyone interested in taking the next step in their fitness training, I can't believe the changes I have noticed in my body!

I've been lifting weights for a little over a year, so have already experienced many of the benefits Kathy mentions in her book. I've lost 40 pounds and about 18% body fat by following a good diet and weight training at progressively heavier weight and added sets. Even though I am not brand new to weight training, I still found the book helpful. There is an anatomy chart, and Kathy dispels many myths about weight lifting, in particular that women shouldn't lift heavy or that they will get big and bulky from lifting. Also, there were a couple of exercises that I was not doing, so I was able to modify my current program a bit. I tried using a trainer, but frankly have been disappointed, so I am now learning all I can on my own. *Lift Weights to Lose Weight* will be a book that I use. I like it much better than the accompanying video tape, which I have used briefly; it is not a very comprehensive workout. I recommend this book to beginners and intermediates, and anyone who wants to learn more about the basic principles of weight lifting.

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