



Fitness Training for Girls: A Teen Girl's Guide to Resistance Training, Cardiovascular Conditioning and Nutrition

By Kristina Gaede, Alan Lachica, Doug Werner

Tracks Publishing, U.S. Paperback. Book Condition: new. BRAND NEW, Fitness Training for Girls: A Teen Girl's Guide to Resistance Training, Cardiovascular Conditioning and Nutrition, Kristina Gaede, Alan Lachica, Doug Werner, Sorting through the mental, physical, and emotional aspects of a girl's life during her teen years, this guide presents positive reasons and practical advice for making fitness a permanent part of her life. As society becomes more accepting of truly athletic women, teen girls are encouraged to overcome a 'quitter's mentality' and develop physical confidence and mental toughness. A variety of nutrition tips and fitness facts allow girls to design individual workouts. Also included is information geared toward teens on weight lifting, cardiovascular conditioning, joining a gym, and working out at home.

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