



# Specialized Strength Training: Winning Workouts For Specific Populations

*By Wayne L. Westcott, Susan F. Ramsden*

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Precise, yet easy-to-understand strength training guidelines and suggested programs for specific populations, including: Sedentary, time-pressured, overweight, seniors, youth, cardiac rehab patients, wheelchair users, and more.

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- Sales Rank: #3207228 in Books
- Brand: Brand: Healthy Learning
- Published on: 2001-06-15
- Original language: English
- Number of items: 1
- Dimensions: 10.00" h x 7.00" w x .50" l,
- Binding: Paperback
- 265 pages

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### **Editorial Review**

#### **About the Author**

Wayne Westcott, Ph.D., is the fitness research director for the South Shore YMCA in Quincy, Massachusetts. A prolific writer and highly sought-after speaker, Dr. Westcott is a world renowned health/fitness professional. In his extraordinarily active career, he has made over 450 professional presentations and has written over 200 published articles and two dozen books. For his professional efforts, he has been honored numerous times, including receiving the prestigious Healthy American Fitness Leaders Award from the President's Council on Physical Fitness and Sports.

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