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The Heavyhands Walking Book

Leonard Schwartz

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The Heavyhands Walking Book

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The Heavyhands Walking Book focuses on the multiple benedictions of 'Muscle Loading; or Panaerobics. The combined movements of arms, legs and trunk, performed with the addition of handweights, can be forged into a Total Fitness Experience for those interested in incinerating more fat per minute, excellent cardiovascular training, whole body strength, walking choreographies ideal for groups, the enhancement of motor skill, and superior preparation for ANY SPORT. For a repertoire of movement adventures that make gaining LEAN ABILITY a pleasure, Heavyhands Walking is what the doctor ordered! Included in this comprehensive treatment: a self test for beginners; dozens of stride-stroke combinations; calorie costs of Pump'n'Walking; dozens of combined walking movements and 'medleys'; indoor alternatives; strength-walking: making muscle; losing fat; training heart; walkdance. Heavyhands Walking is part of the Heavyhands System, which includes Panaerobic Calisthenics, Shadowboxing, Pump'n Run, Sports Moves, Belly and Backaerobics. The readable text avoids pitfalls that often make exercise texts difficult. Over 200 sidebars provide valuable advice and information from the Systems inventor, who succeeds in converting the technical findings of the research laboratory into an assortment of doable workouts.

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