



# Naked Weightlifting: The Bare Essentials of Weight-Training

*Stephanie Jones*

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Naked Weightlifting is NOT about lifting weights without clothing (but I bet you took a second look). The definition of naked is "without extra or embellishment" while the definition of weightlifting is "the lifting of heavy weights as an exercise in a prescribed manner." Naked Weightlifting is another way of saying weightlifting made simple or without an overload of information. Pictures speak a thousand words especially when instructing individuals on how "to do" something like weightlifting. The author put herself in the shoes of individuals who have never lifted weights before to those who have many years of experience weight training. The book is designed to show pictures of start and finish positions of over 100 weightlifting exercises that cover all body parts from abdominals to triceps (arms) accompanied with a basic description of how to execute those exercises. There are no opinions, nutritional advice or workout programs in this book, only how to do them properly and a spreadsheet for individuals to log their progress as a workbook.

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