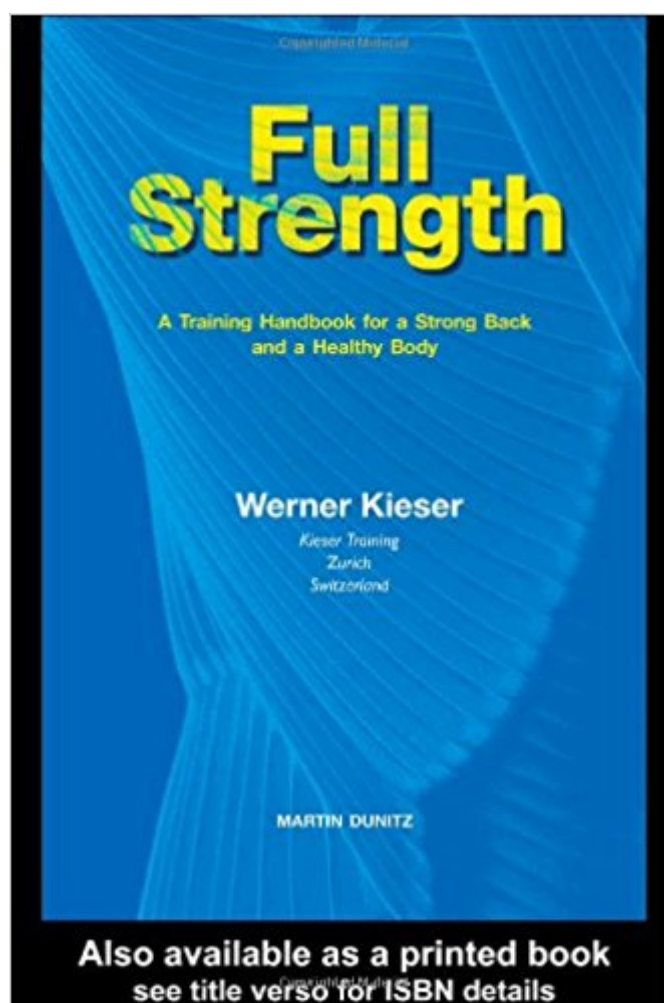


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# Full Strength: A Training Handbook For A Strong Back And A Healthy Body



## Synopsis

Chronic back pain is a serious problem and one that causes great frustration and fatigue in the patient. Many patients, however, suffer needlessly. Their conditions are treatable, yet they soldier on, believing that there is no solution. In this concise and clearly presented manual, the author explains the Kieser training methods for tackling and preventing back problems. Full Strength discusses the benefits of using weights to develop and maintain the musculoskeletal system, and it also explodes some of the popular myths about strength training. General practitioners, physical therapists and personal trainers can benefit greatly from this volume.

## Book Information

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Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (1 customer review)

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## Customer Reviews

Werner Kieser is a most successful trainer for physical exercise concentrating on improving muscular strength to reduce or even eliminate back pain. As far as I know he is running more than 250 training centers in Central Europe with extreme success. Unfortunately there is no center existing in North America. His book illustrates the principle behind training as well as the exercises. I have participated in the described training for the last three years and I became pain free after only six weeks of training. The reason I bought this book is that I have a relative in Canada who suffers from back pain. I read the book, found it easy to understand, very informative and perhaps the principles are applicable outside the specialized Kieser Training Centers.

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