



Strong: Nine Workout Programs for Women to Burn Fat, Boost Metabolism, and Build Strength for Life

Lou Schuler, Alwyn Cosgrove

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A groundbreaking strength and conditioning plan for women, from the authors of *The New Rules of Lifting for Women*.

Forget the elliptical machine and the candy-colored Barbie weights. Female athletes are hungry for real fitness. They want to be *Strong*.

By now, it's common knowledge that women can and should train the way men do. Today's women want to be strong, with lean and athletic physiques. Fitness author Lou Schuler and renowned strength coach Alwyn Cosgrove present a comprehensive strength and conditioning plan to help women burn fat and build muscle by getting them off the machines and revolutionizing how they work out. Offering direct guidance and proven tools to help readers enhance their strength and get truly fit, *Strong* provides:

- A three-phase training program, including nine unique total-body workouts
- More than 100 exercises, with detailed instructions and step-by-step photographs
- Simple nutrition guidelines to cut through the barrage of trendy diets in magazines
- Inspiring success stories from women who have used this training program

Schuler and Cosgrove's *The New Rules of Lifting for Women* has empowered tens of thousands of women inside and outside the weight room. Filled with the latest research distilled in Lou and Alwyn's signature direct style, *Strong* will help women remake their physiques and reimagine their lives.

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Strong: Nine Workout Programs for Women to Burn Fat, Boost Metabolism, and Build Strength for Life can be one of your basic books that are good idea. We all recommend that straight away because this book has good vocabulary that can increase your knowledge in vocabulary, easy to understand, bit entertaining but nonetheless delivering the information. The writer giving his/her effort to set every word into satisfaction arrangement in writing Strong: Nine Workout Programs for Women to Burn Fat, Boost Metabolism, and Build Strength for Life but doesn't forget the main place, giving the reader the hottest in addition to based confirm resource info that maybe you can be one of it. This great information can drawn you into completely new stage of crucial contemplating.

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This Strong: Nine Workout Programs for Women to Burn Fat, Boost Metabolism, and Build Strength for Life is great book for you because the content which can be full of information for you who have always deal with world and possess to make decision every minute. This kind of book reveal it details accurately using great manage word or we can point out no rambling sentences within it. So if you are read it hurriedly you can have whole info in it. Doesn't mean it only gives you straight forward sentences but difficult core information with attractive delivering sentences. Having Strong: Nine Workout Programs for Women to Burn Fat, Boost Metabolism, and Build Strength for Life in your hand like having the world in your arm, facts in it is not ridiculous a single. We can say that no book that offer you world in ten or fifteen minute right but this guide already do that. So , this really is good reading book. Hi Mr. and Mrs. active do you still doubt that?

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