

Women s Health Lift to Get Lean (Paperback)

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Reviews

Thorough manual for pdf lovers. I am quite late in start reading this one, but better then never. It is extremely difficult to leave it before concluding, once you begin to read the book. (Kaycee McGlynn)

WOMEN S HEALTH LIFT TO GET LEAN (PAPERBACK)



Rodale Press Inc., United States, 2015. Paperback. Condition: New. Language: English . Brand New Book. Research shows that building muscle helps the body burn more calories 24/7 and that resistance training is the most effective way to torch body fat. Yet that message is still lost on many women who fear that weight lifting will make them bulky, turn their skin green, and give them Incredible Hulk muscles like their boyfriends . Women have more options than step aerobics or running on a treadmill to shed pounds: they can weight-train in a very specific manner designed to make the most of a woman s unique physiology. Lift to Get Lean is the first beginner s guide to strength training from Women s Health that is written specifically for women by a woman. Holly Perkins is a certified strength and conditioning specialist (CSCS) who has been teaching the fat-burning secrets of weight training exclusively to women for more than 20 years. Perkins doesn t follow men s rules when it comes to building muscle. Her Lift to Get Lean delivers a three-step system: Technique, Movement Speed, and the Last 2 Reps Rule, which make all the difference in developing the kind of strong, lean, and sexy body women want. Perkins offers four different 90-day training programs that efficiently build functional strength along with leaner legs, stronger arms, and a sexier butt.

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