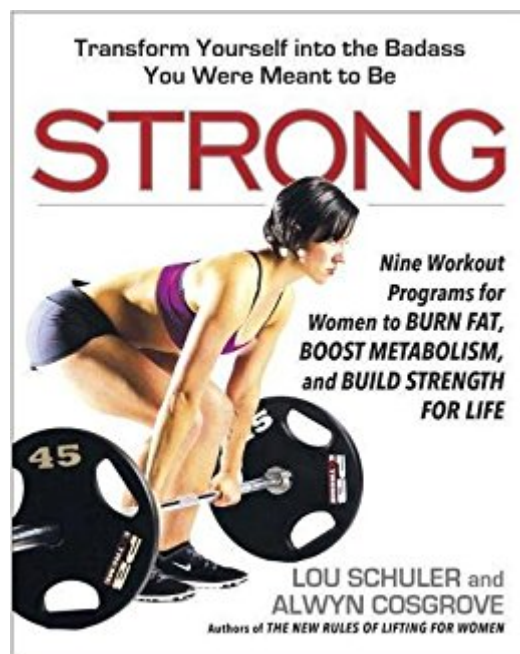




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# Strong: Nine Workout Programs For Women To Burn Fat, Boost Metabolism, And Build Strength For Life



## Synopsis

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.

## Book Information

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## Customer Reviews

Praise for *The New Rules of Lifting for Women*: "Cosgrove and Schuler's groundbreaking program is based on the concept that a healthy, sculpted body is the result of your

muscles working the way they were intended. •Women's Health

"Lou Schuler has finally written a training book for me, and for all women. His expert advice, no-nonsense plans, and sense of humor are reassuring, motivating, and entertaining. I'm starting the program tomorrow!"

Susan Kleiner, Ph.D., author of Power Eating and The Good Mood Diet

"The workouts in this book are unique, challenging, and extremely effective!"

be prepared to get into the best shape of your life!

•Valerie Waters, celebrity trainer

Lou Schuler is a National Magazine Award-winning journalist, a certified strength and conditioning specialist, and the author or coauthor of several popular books about diet and strength training. He has worked as fitness editor at Men's Fitness and fitness director at Men's Health, and has contributed to a long list of magazines, including Men's Journal, Fit Pregnancy, and Better Homes and Gardens. He lives in Allentown, Pennsylvania, with his wife and their three children. Alwyn Cosgrove is co-owner, with his wife, Rachel, of Results Fitness in Newhall, California. He is a professional member of the National Academy of Sports Medicine and the American College of Sports Medicine, among other organizations, and is a frequent contributor to a variety of magazines, including Men's Health and Men's Fitness.

These workouts have given purpose to my strength training at the gym again! I have previous experience with weight lifting but had fallen off the wagon with fitness the past several years. I started back to the gym at the beginning of the year doing a "biggest loser" competition that my gym was hosting and was doing group workouts once a week with a personal trainer. Unfortunately, the trainer's workouts felt very introductory and there was no progressive direction from week to week...the exercises felt very random and no advice was given as to what exercises we should do outside of the once/week group training session. To add to the frustration, I couldn't even really construct my own program to follow in between sessions because I never knew which muscle groups the trainer was going to target at our next session. Around this time I listened to an interview with Lou on the HalfSizeMe podcast and decided to ditch the group training sessions, purchase the book and give the workouts a try. Sooo glad I did...I'm about halfway through Phase I Stage 2 and am loving the workouts! I have scheduled all my workouts and to get through the whole program once is going to take me until roughly Oct-Nov...which makes me highly motivated not to miss a workout because I don't want to get behind in the schedule!

Studying fitness and nutrition myself, this is one of my favorite books, especially since Alwyn Cosgrove is one of my favorite fitness experts! The workouts presented in this book are super helpful. This is a book definitely for those (both men and women) who are looking to step up their workout routines or even those who want to find tools to effectively improve certain functional movements.

Love everything about this. The book is well written and informative without being boring or going over your head with technical or scientific jargon. Very accessible for the average reader. The workout programs themselves are excellent. Very scalable for people at all levels of fitness. I have very bad knees and the book works with you to find alternate methods. I'm only four weeks in, but am already seeing tangible results. I would highly recommend this book to any and all women looking to increase their strength or general fitness.

I have all of their books and this one might be my favorite so far! I just completed week 1 and I feel great. I appreciate the differences in this program from previous programs. While there are similarities I think they kept the things that worked the best and changed things that needed to be changed. For some reason these are the only workouts I stick to for a long period of time and I see the most results.

I have a collection of workout books designed for women and this one is definitely worth having. I am a fit-overweight 40 year old women. For over a year I have been trying to lose weight and trying everything from Whole Foods eating to mass amounts of exercise (sometimes up to 2 hrs a day). It wasn't until I read Thinner, Leaner, Stronger, (another great book to have) that I understood a lot more on how our body works. I was over worked and over fatigued. I tried Mike's program from that book and it just didn't click with me. When I began reading Stronger and finally decided to give it a try, things changed for the better. I took the advice of author Lou Scholar and started at the very beginning, despite having been lifting heavy for quite some time. I found out right away why he does that, it clearly helps build a foundation I had lost, or maybe never had. Alwyn's program is amazingly well designed. Its clear he has experience in this area. I'm early into it but already my body feels better. I'm not sore or over fatigued and weight is finally starting to drop. In just this short amount of time I feel my body also looks better and clothes are fitting better. My joints don't hurt, shopping doesn't wear me out, and I can keep up with my boys and have the energy and desire to get out

and play with them. I gave the book 4 stars instead of 5 because of the choppy design of the book. I'm constantly flipping back and forth through pages. I began the program before completely reading the book and found some information later on that probably should have been read before. It didn't affect my workouts but it's all good information to have. I would advise anyone getting this book to get your own workout log, the ones in the book for use allow only for 4 cycles, not 6 as suggested for beginners but they do give you info on where to go to print them out if you want. A better option would have been to have them all laid out in a separate workout log designed just for this program. Also, I didn't see a spiral format option for this book until after I purchased it, but I believe it's worth the extra money to get it spiral bound. I find it frustrating when it closes shut on me during a workout or when I'm trying to understand the form of a particular exercise and having to flip back and forth. As for the workout program, I love it. I would give it a 10 out of 5 if I could. It incorporates core, cardio, and heavy weights, all the things I need to feel like I've gotten a good workout in. All this takes an hour or less. I do add in some extra shoulder and glute work after I'm done but if I don't get a chance, I still feel I had a good workout. My range of motion has improved, my balance, my endurance, my cardio fitness, my strength (I was surprised to go into week two and see how much more weight I could lift).....I could go on and on. I'm just super happy with this program. This program may not be the perfect fit for everyone, but for me, it has been. After so many let downs with other programs, videos, self training, I'm finally seeing results and the positive effects are spilling over into my everyday life, making simple daily tasks easier and pain free. I would like to see more programs from these two authors and I will be first in line to purchase.

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