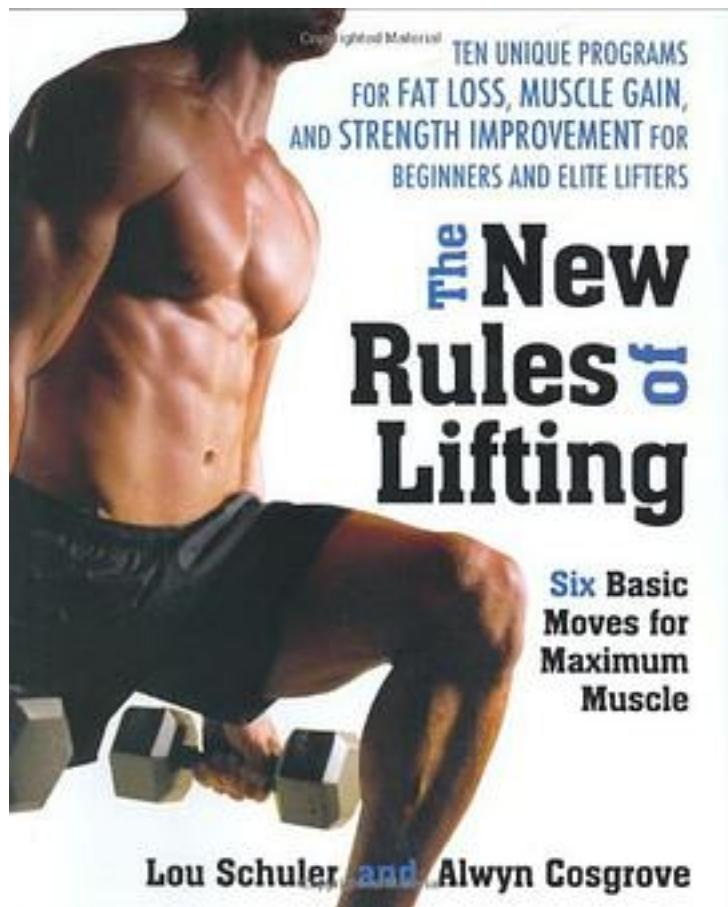


# The New Rules of Lifting



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著者:Schuler, Lou/ Cosgrove, Alwyn

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A revolutionary method of weight lifting using today's science for maximum results.

In The New Rules of Lifting , fitness guru Lou Schuler and strength-training expert Alwyn Cosgrove boil down the most recent findings on weight lifting and fitness to

create a program of workouts that focuses on the movements at which the body naturally excels. These six "real-life" movements-squat, bend, lunge, push, pull, and twist-compose three complete programs for three distinct goals: fat loss, muscle gain, and strength improvement.

At home or at the gym, these routines can be mixed and matched for a year's worth of workouts that will keep boredom at bay and lifters challenged long after most plans have called it quits. And while coordinated, useful muscles will always turn heads at the beach, they'll also help you live better and longer. Besides providing comprehensive workout programs, The New Rules of Lifting covers much-needed background on aspects of lifting that are often overlooked, like warming up, nutrition, and meal planning. Throughout, Schuler and Cosgrove debunk strength-training myths, troubleshoot dangerous pitfalls, and clearly illustrate moves with black-and-white photographs.

作者介绍:

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标签

英文

健身

评论

比较适合初学者的全面系统的健身指导，附带各种动作指示，和详细的健身计划，书里观点略有偏颇（完全不建议器械，只有杠铃和哑铃动作），最后一章饮食方面的讨论基本上是凑数，不过总体还算幽默生动。

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# 书评

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