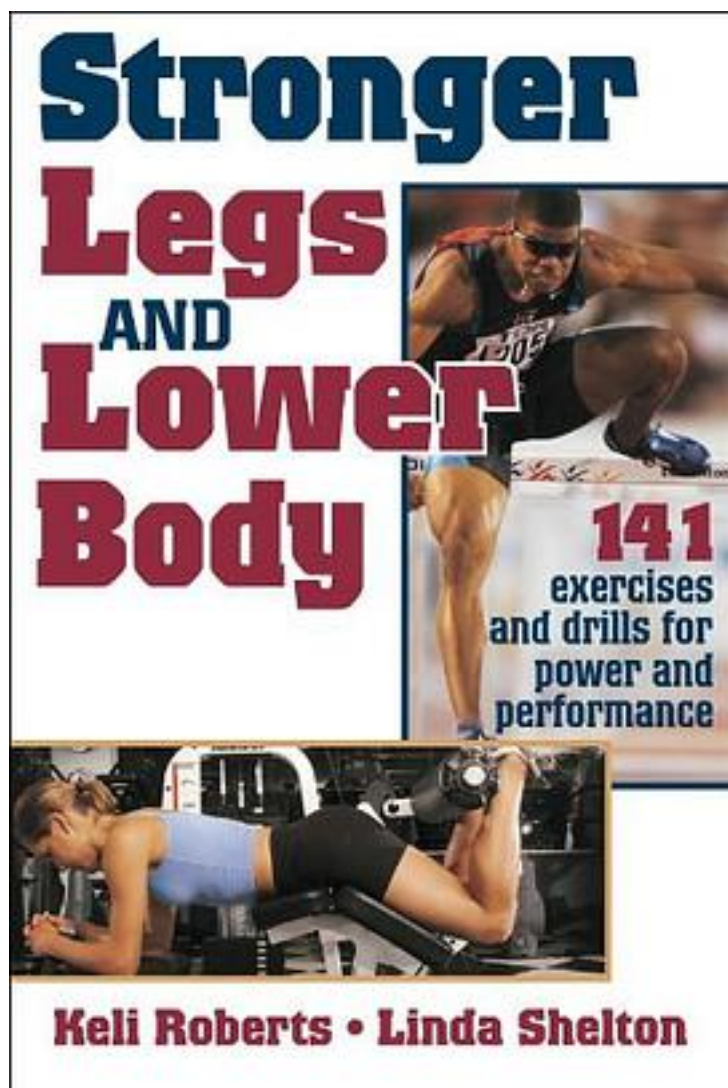


Stronger Legs and Lower Body



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Get fit, look better, and improve performance with "Stronger Legs and Lower Body," the only book solely devoted to developing both the physique and fitness of the lower body. It's not just about looking good; it's also about becoming more active, moving better, and performing better in sport. Two internationally recognized fitness experts wrote this book for those who want to enhance athletic performance as well as body aesthetics. As a personal trainer, Keli Roberts has helped hundreds of clients--including many Hollywood celebrities--achieve their fitness goals. Linda Shelton, fitness editor for SHAPE magazine, has more than 30 years of experience in exercise instruction. In "Stronger Legs and Lower Body," Roberts and Shelton combine their expertise to show you how to - improve muscle tone, strength, and body shape with progressive resistance-training exercises, including exercises that target every muscle group;- increase flexibility and enjoy greater freedom of movement;- get results with proven eight-week programs; and- customize your own program to meet your training goals. This comprehensive book includes strengthening and stabilizing exercises to target every area of the lower body--hips, buttocks, hamstrings, quadriceps, lower legs, and calves--making it easy for you to focus on the specific areas you need to work on. You'll find clear guidelines for conditioning and training, plus progressive eight-week programs that yield swift results: toning and shaping programs for quick and visible progress, conditioning programs to improve your athletic performance, and fat-burning cardio programs to keep your body looking and feeling good. There's also an entire chapter dedicated to showing you how to design your own program. Whether strength, athletic fitness, or fat burning is your goal, you'll look better, feel better, and perform better with "Stronger Legs and Lower Body."

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