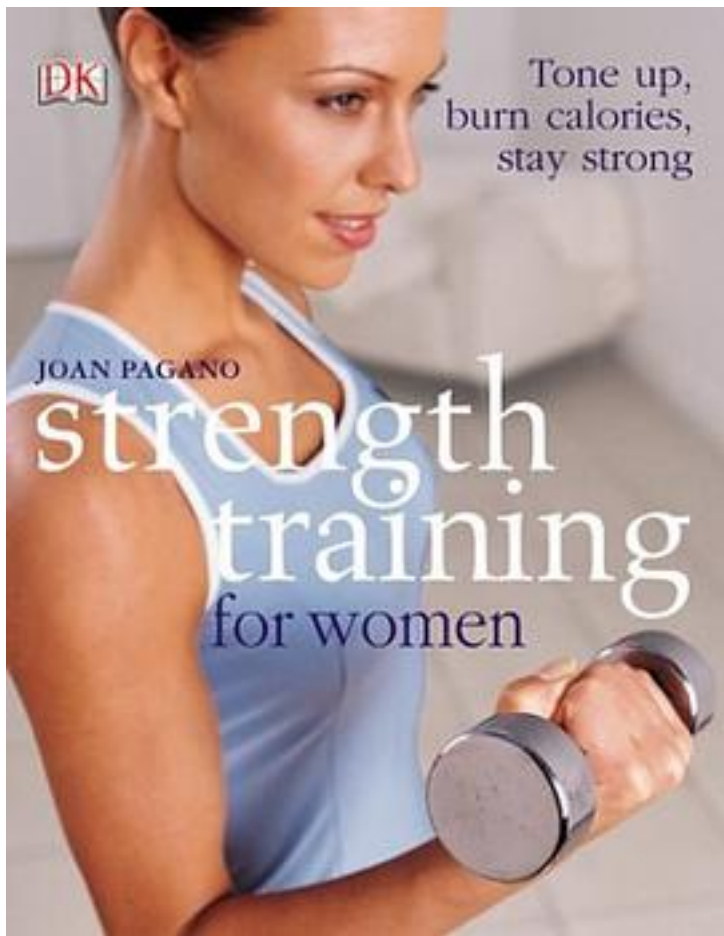


# Strength Training for Women



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Ready for an individualized approach to working out that produces better results? Strength Training for Women delivers with information tailored to the way your body works and responds to training, and the specific tools you need to reach your goals.

More than simple descriptions of exercises and training programs, this book explains why the exercises are important and which training program is right for you. You'll gain insight into how the female body responds to training and come away with six sample programs and more than 102 exercises to train every area of the female form. In addition to helping you gain strength, the programs provided will help you burn fat, build strong bones, and prepare for competition. Maximize your genetic makeup and unique physiology to build muscle that will add strength, boost metabolism, improve bone density, and give you the lean, muscular look you want without the big, bulky look you don't. Start using Strength Training for Women now to break through frustrating plateaus and cater to the special needs of your body.

作者介绍:

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