



The New Rules of Lifting for Life: An All-New Muscle-Building, Fat-Blasting Plan for Men and Women Who Want to Ace Their Midlife Exams

Lou Schuler, Alwyn Cosgrove

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Today's exercising adults are caught in a bind: Those who take it seriously and work out aggressively can end up with chronic aches and injuries because they don't know how to adjust their programs as they get older. And those who take it easy may end up with overfed, underdeveloped, injury-prone bodies. Lou Schuler and Alwyn Cosgrove, fitness experts and authors of The New Rules of Lifting series, know all too well that these readers need a program of their own. That's because they are just like these readers. So they set out to create a new template for exercise, one that delivers real results but is flexible enough to accommodate individual limitations. The New Rules of Lifting for Life offers a six-month plan that integrates total-body strength, endurance, mobility, balance, coordination, and athleticism. The workouts are challenging and, in conjunction with the suggested diet modifications, will help readers change the way their bodies look, feel, and perform. And not just temporarily- The New Rules of Lifting for Life will allow you to enjoy productive and pain-free workouts for many years to come.

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The book untitled The New Rules of Lifting for Life: An All-New Muscle-Building, Fat-Blasting Plan for Men and Women Who Want to Ace Their Midlife Exams contain a lot of information on the idea. The writer explains the woman idea with easy method. The language is very clear and understandable all the people, so do not really worry, you can easy to read this. The book was compiled by famous author. The author brings you in the new era of literary works. You can easily read this book because you can continue reading your smart phone, or gadget, so you can read the book with anywhere and anytime. If you want to buy the e-book, you can open their official web-site as well as order it. Have a nice go through.

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