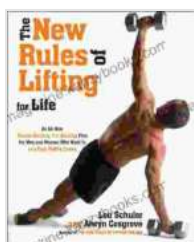


The New Rules of Lifting For Life

A Comprehensive Guide to Strength Training for Men and Women

Are you ready to take your strength training to the next level? The New Rules of Lifting For Life is the most comprehensive guide to strength training available. Written by a team of experts, this book covers everything from the basics of weightlifting to advanced techniques and programming. Whether you're a beginner or a seasoned lifter, this book has something for you.



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 by Lou Schuler

★★★★☆ 4.2 out of 5

Language : English
File size : 8492 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 307 pages



The New Rules of Lifting For Life is packed with information on:

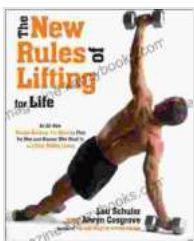
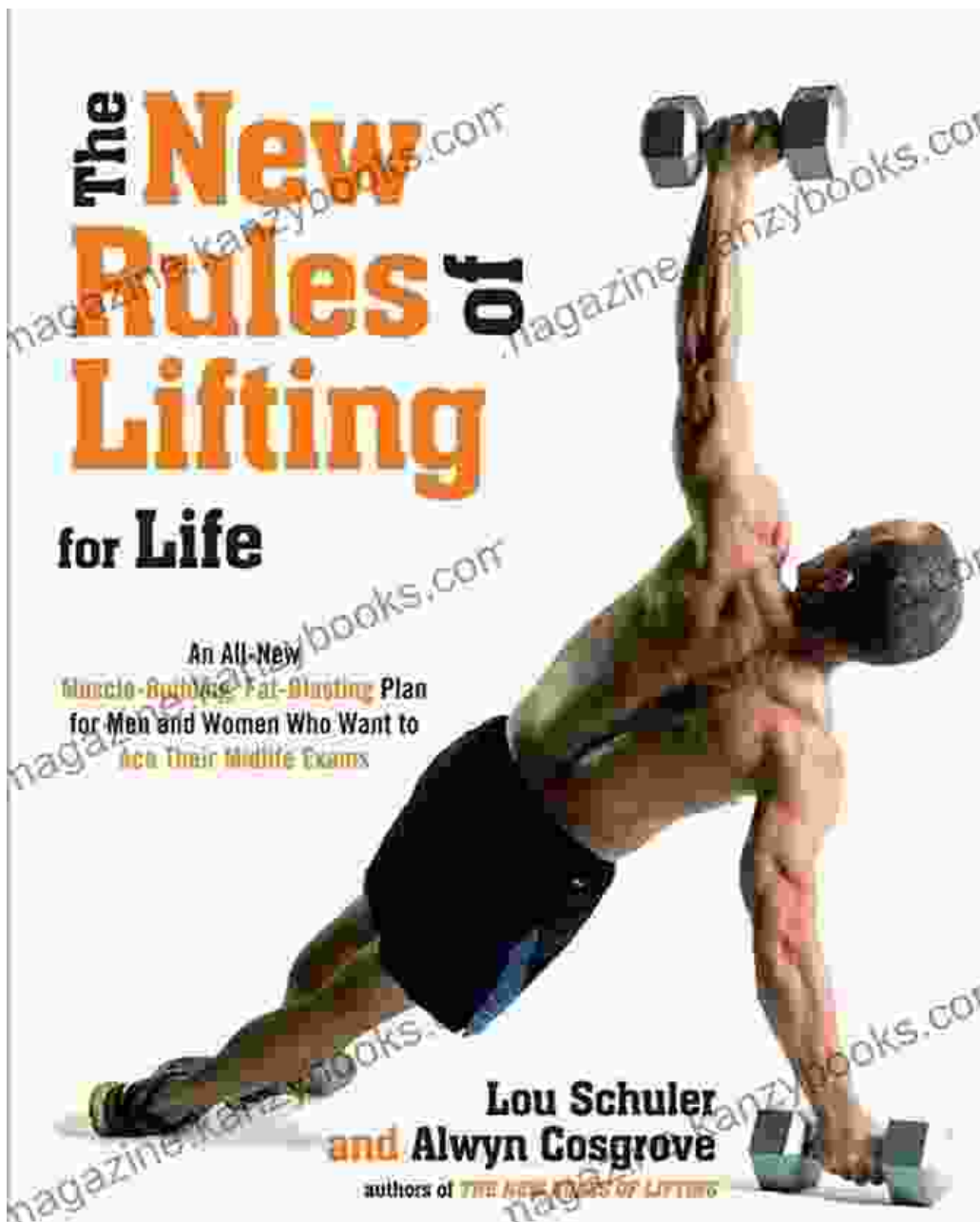
- The basics of weightlifting, including proper form, technique, and safety

- Different types of strength training exercises and how to choose the right ones for you
- How to design a strength training program that meets your individual needs and goals
- Nutrition for strength training, including what to eat and when to eat it
- Supplements for strength training, including which ones are effective and which ones to avoid
- Recovery from strength training, including how to prevent injuries and promote muscle growth

The New Rules of Lifting For Life is more than just a book. It's a complete resource for strength training. With this book, you'll have everything you need to get stronger, improve your body composition, and live a healthier life.

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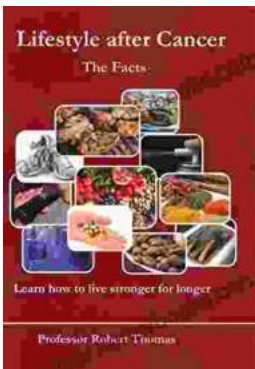
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