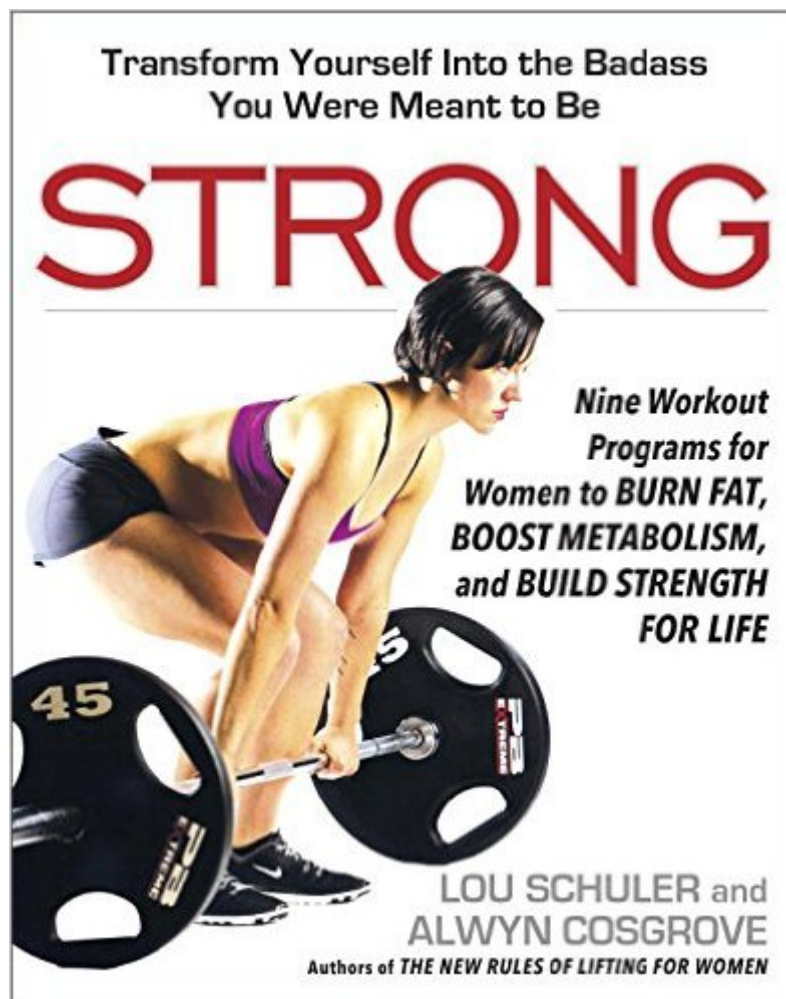


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# Strong: Nine Workout Programs For Women To Burn Fat, Boost Metabolism, And Build Strength For Life



## Synopsis

A groundbreaking strength and conditioning plan for women, from the authors of *The New Rules of Lifting for Women*. "Forget the elliptical machine and the candy-colored Barbie weights. Female athletes are hungry for real fitness. They want to be Strong." By now, it's common knowledge that women can and should train the way men do. Today's women want to be strong, with lean and athletic physiques. Fitness author Lou Schuler and renowned strength coach Alwyn Cosgrove present a comprehensive strength and conditioning plan to help women burn fat and build muscle by getting them off the machines and revolutionizing how they work out. Offering direct guidance and proven tools to help readers enhance their strength and get truly fit, *Strong* provides:

- A three-phase training program, including nine unique total-body workouts
- More than 100 exercises, with detailed instructions and step-by-step photographs
- Simple nutrition guidelines to cut through the barrage of trendy diets in magazines
- Inspiring success stories from women who have used this training program

Schuler and Cosgrove's *The New Rules of Lifting for Women* has empowered tens of thousands of women inside and outside the weight room. Filled with the latest research distilled in Lou and Alwyn's signature direct style, *Strong* will help women remake their physiques and reimagine their lives.

## Book Information

Hardcover: 304 pages

Publisher: Avery; 1 edition (November 10, 2015)

Language: English

ISBN-10: 1583335757

ISBN-13: 978-1583335758

Product Dimensions: 7.6 x 1 x 9.6 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars See all reviews (32 customer reviews)

Best Sellers Rank: #24,602 in Books (See Top 100 in Books) #38 in Books > Health, Fitness &

Dieting > Exercise & Fitness > Weight Training #92 in Books > Health, Fitness & Dieting >

Women's Health > General #616 in Books > Sports & Outdoors

## Customer Reviews

I loved "New Rules of Lifting for Women" and this new (not just updated) book is even better. The writing is accessible and lays out the basis for the programming nicely. I like to know why I'm being told to do something, and this book explains the why, from a science-based perspective, but in

language everyone can understand. It also tells you some guidelines for nutrition to support your workouts and goals. Then, you're given clear instructions on how to actually do the workouts, with pictures and descriptions of the exercises. It's not just one workout, you get enough to keep going and make progress - definitely not going to get bored or run out of ideas here. I can't wait to get started!

A die-hard fan of NROLFW, I had high expectations for Strong. Happily, I am not disappointed. The programs are well-designed and clearly explained (and are really working me hard). Schuler has a great narrative voice: well-informed but not pedantic, informal but respectful. Highly recommended for women who train to be strong for their own sake, and not for "a bodacious booty" deigned to please a boyfriend. Honestly, I just don't have the bandwidth for that kind of nonsense anymore.

I was so excited to get this book and start the programs. Two months in I have mixed feelings about it. As a moderately experienced lifter the beginning workouts are pretty boring. I did them all, but didn't spend as many weeks as suggested on the first part of the program. There are a variety of exercises which helps keep things interesting, but there is also a large variety of equipment used to complete them all. If you aren't working out in a gym expect to put some money into purchasing equipment or jerryrigging your own. Sometimes I just substitute another exercise that uses the same muscle to avoid equipment issues. On a positive note, there are a lot of exercises to choose from. There are some interesting variations that I haven't seen recently that are fun to try. I'm not a big fan of the one legged or one-sided variations. I tend to lose alignment pretty quickly and risk injury. Working out with someone who can spot you would help. Lowering your lifting weight would also help, but then sometimes it feels like you aren't doing much work. I'm sure they are valuable lifts, but without a trainer they feel a little risky to me. My other big problem with the book is that the workout charts are not very well formatted. I would think the editor would be able to come up with something more creative that would take up fewer pages. The month-long section I am in requires 6 pages of workout charts to complete. Basically you alternate between two workouts and the only thing that changes is the number of reps and sets. The workout charts also don't have any page numbers to indicate where you can find directions for the exercise they are referring to. I have taken to locating the exercise and writing it directly on the chart myself to save myself time. Sometimes I want to refer to the directions again to ensure I am doing the lift correctly. It seems like another little editorial detail that would have been helpful. Overall, I enjoy the book and I'm glad I bought it. I'm not sure it will be a long-term lifting companion, though.

Great book. Focus is on workouts, however there is info on nutrition to support them. The workouts are 9 stages 4 weeks each and can be repeated after. Familiar structure of the workouts - Core, Strength Intervals. I Option to choose alternative exercise or progression. Starting the workouts tomorrow. In my opinion Lou writes best workout books with effective workouts, easy to read and informative.

"Strong" is a well-rounded book on the subject of nutrition and physical fitness in general. It includes a whole lot more information than just working out with weights. In a nutshell: I am happy that I bought this book (hardcover version) and I highly recommend it. It's worth it to buy it. If you are still unsure, hopefully your local library will have it or would order it so you can take it for a test drive at the gym. "Strong" is easy to read, easy to understand, easy to visualize because of clear B&W photos with complete descriptions, and easy to utilize the methods given in phases and stages. As I mentioned before, this book is not just about weights or weight lifting. I think it covers all the bases for physical fitness at most levels. I am a new to Lou Schuler and Alwyn Cosgrove's works/books. I never read or purchased their other book that is referenced a few times in "Strong." I am also new to reading workout and weightlifting books, but I have read my fair share of magazine articles and online pieces on bodybuilding, weights, fitness, and nutrition. The majority of information from these soft resources has at times conflicted, changed seasonally, and usually was not comprehensive enough. I appreciated Lou Schuler's references to the former book and the updates on Alwyn Cosgrove's past work and the reasons for the changes. I really liked that they have followed up with research while improving their workout methods and information. There are 4 parts to the book, but for me it's like more like 2 main parts- the Theory (Parts 1 and 2 on nutrition, research, the schedule stages, and how it works) and the Application (Part 3 where the exercises are shown). Part 4 contains supplemental information- that is always useful. The beginning chapters were a confirmation that I was not out in left field with my understanding of the subjects: strength in women (do not fear it), training muscles and eating right with protein. The first part cleared the air and provided solid information, cutting through all the clutter that one will pick up when going through the rabbit hole of information on the internet, as Lou Schuler mentioned about his own experience researching information. Start at the beginning Phase one. It is the best advice no matter where you are at physically. Pages 52-53 have valid points explaining why. In Part 1 and Part 2, I also learned new information that is so much more comprehensive than what I knew before such as R.A.M.P.: Range of motion, Activation of muscles, and Movement

Preparation.~Chapter 11 provides many opportunities for RAMP style warm-ups.~Core Training is Chapter 12 ~“ This is so important in so many ways for women.~Chapter 13 and 14 is Strength Training with phases, stages, and interval training.The book also provides excellent notes (at the back of the book organized by chapter and by section) for further reading on specific topics and for backing up the points made. Thus, if I am left wondering about something, I can drill down on that information and do my own research. The notes corroborate the writing and I like that further reading information is available.The second part contains the methods to apply. It is important to know how and when to apply certain exercises in a routine, rather than wasting time ~working out~ without getting results or worse yet getting an injury. This guidance is like reading a personal trainer’s thoughts. The key information for me is the understanding of why to exercise a certain way and the knowledge of many options to mix up the workout routine.Whatever I was doing before for fitness was not working the way I expected it. My workout consisted of cardio stepper and treadmill machines and the usual weight machine circuit 3- 5 days a week. My workouts were not giving me the best results. I was wondering if there is a better way as I lost motivation. I would stop for weeks at a time after going to the gym for weeks because I would get frustrated that I could not notice any significant changes. There was also workout boredom.I admit it I am yo-yo exerciser. My ineffective workouts have frustrated me.I realize that just because I have been doing something for a long time does not guarantee anything will come of it. I was passing time with ineffective exercising and I realized that it would not improve me the way I wanted to change for the better. I ended 2015 by abandoning what was not working, and accepting that I needed to learn and try something new, and improved. The workouts that have worked years ago for me was obviously not working any longer because I was not seeing results.Doing more of the same ineffective stuff is not ever going to make it effective. I decided to go outside of my comfort zone. I wanted up to date solid information, not pseudo-science fitness with a celebrity face or fad-fitness. My researching books on lead me to buy this book to re-learn working-out.In January 2016, I said to myself, "Let’s see what these books on women’s body building are all about. Let’s see if I will learn something new, different, and perhaps more in-depth than what I have been reading in magazine articles and stuff online."I have not been disappointed. It is a great reference and guide and I recommend it.

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