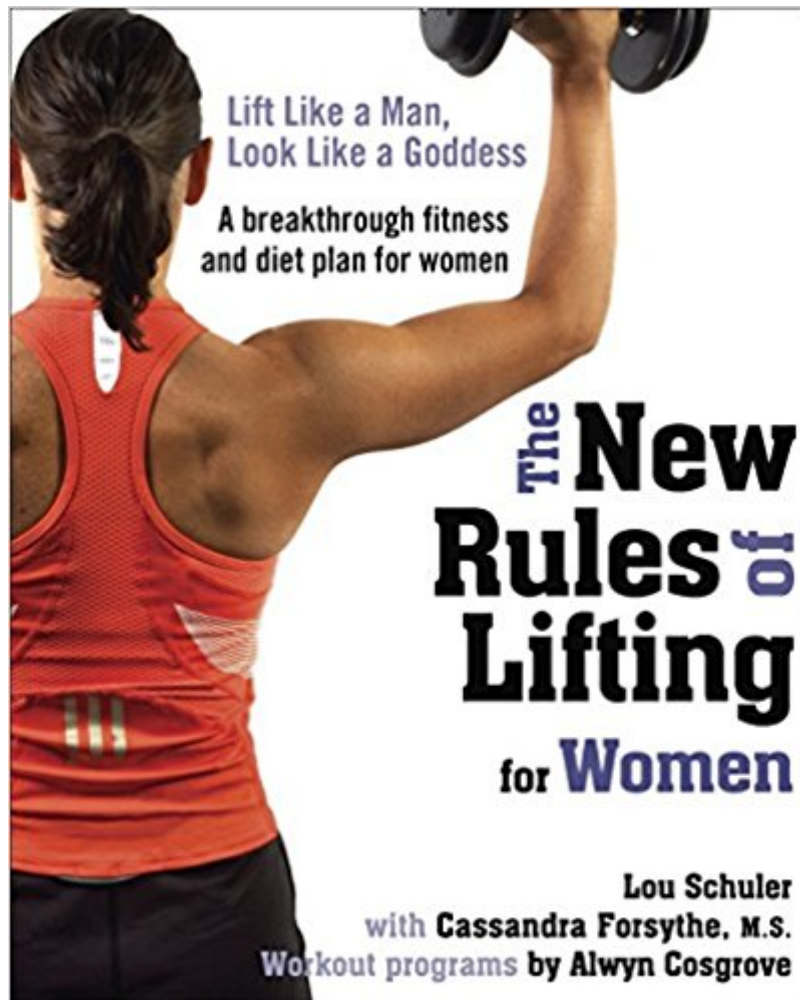




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# The New Rules Of Lifting For Women: Lift Like A Man, Look Like A Goddess



## Synopsis

In *The New Rules of Lifting for Women*, authors Lou Schuler, Cassandra Forsythe and Alwyn Cosgrove present a comprehensive strength, conditioning and nutrition plan destined to revolutionize the way women work out. All the latest studies prove that strength training, not aerobics, provides the key to losing fat and building a fit, strong body. This book refutes the misconception that women will "bulk up" if they lift heavy weights. Nonsense! It's tough enough for men to pack on muscle, and they have much more of the hormone necessary to build muscle: natural testosterone. Muscles need to be strengthened to achieve a lean, healthy look. Properly conditioned muscles increase metabolism and promote weight loss -- it's that simple. The program demands that women put down the "Barbie" weights, step away from the treadmill and begin a strength and conditioning regime for the natural athlete in every woman. *The New Rules of Lifting for Women* will change the way women see fitness, nutrition and their own bodies.

## Book Information

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## Customer Reviews

aLou Schuler has finally written a training book for me, and for all women. His expert advice, no-nonsense plans, and sense of humor are reassuring, motivating, and entertaining. I am starting the program tomorrow!a a Susan Kleiner, Ph.D., author of "Power Eating" and "The Good Mood Diet" aThe workouts in this book are unique, challenging, and extremely effectivea]be prepared to get into the best shape of your life!a aValerie Waters, celebrity trainer ?Lou Schuler has finally written a training book for me, and for all women. His expert advice, no-nonsense plans, and sense of humor are reassuring, motivating, and entertaining. I?m starting the program tomorrow!? ? Susan

Kleiner, Ph.D., author of "Power Eating" and "The Good Mood Diet" "The workouts in this book are unique, challenging, and extremely effective?be prepared to get into the best shape of your life!"  
?Valerie Waters, celebrity trainer" Lou Schuler has finally written a training book for me, and for all women. His expert advice, no-nonsense plans, and sense of humor are reassuring, motivating, and entertaining. I'm starting the program tomorrow!" - Susan Kleiner, Ph.D., author of "Power Eating" and "The Good Mood Diet" "The workouts in this book are unique, challenging, and extremely effective...be prepared to get into the best shape of your life!"--Valerie Waters, celebrity trainer

Lou Schuler is a National Magazine Award-winning journalist, a certified strength and conditioning specialist, the author of popular diet and strength-training books, and a dedicated blogger. He has written and edited Men's Fitness, Men's Health, Men's Health Muscle, Men's Journal, and other magazines. Alwyn Cosgrove is co-owner, with his wife Rachel, of Results Fitness in Newhall, California. He is a professional member of the National Academy of Sports Medicine and the American College of Sports Medicine, among other organizations, and is a frequent contributor to a variety of magazines, including Men's Health and Men's Fitness. Cassandra Forsythe, M.S., is a doctoral student at the University of Connecticut, studying exercise science and nutrition. She is an expert consultant for fitness and nutrition media, including Men's Health, Fitness Rx for Her, and Fitness Rx for Him.

I was lent this book to try out, and later bought this book for myself. This was the first program that I've ever followed. The routine goes on for about 6 months. With breaks and visits out of town, I took over 7 months. Prior to this book, I was one of those cardio addicts who spent all my time on the machines at the gym. With dieting and cardio, I lost about 30 lbs. Then as some people who still have a long ways to go might realize, cardio alone will eventually stop working. The body will get accustomed to that hour a day of biking, or treadmilling, etc. That is my personal discovery. And any diet plan proved difficult to follow for long term. Don't get me wrong, I am eating much healthier than ever, but my point is, life doesn't have to be all about a "perfect" diet. With lifting, I have discovered that I don't always have to eat like a bird or cut out all my grains or carbs, etc. I had been wanting to start a weight lifting routine for a few months before I started the program in this book. I started in January of 2015. I didn't follow any specific diet, nor did I follow the recommended meal plans. I think if I had, I might have seen even more progress. The exercises in the program started off very basic, perfect for a beginner like myself. Then there were workouts that made me sore in places that I didn't know I had muscle. The workouts are demanding, but fun. I did exercises that a beginner like

myself didn't know existed, but when I did them, I really felt the soreness later. I would say that these workouts are challenging, however with some determination, the routines are all doable for a beginner. Now that I am finished with the program, I can report on some of my results and thoughts about it. After I had finished the program and immediately moved onto another one, I could really tell the difference between the routines in this program vs. routines in other programs. These workouts made me feel like I was constantly working out muscles that I don't often workout, making me feel stronger and with more stability. This book focuses on health and strength, which it really delivers. There are lots of compound movements, which is why I often felt like my body was tired but in no specific area afterwards. The quads will end up burning a lot. I became much stronger after this workout. My deadlift and squat numbers all started out with weights that were less than the 45lb bar. By the end, I was deadlifting 135 at one rep max, and squatting about 95 lbs. Visually, I got compliments by many people that I was noticeably looking better. I lost more than an inch off my waist, and I started to see curves on my apple-shaped body. The weird thing is, I actually didn't lose too much weight - about 7 lbs. So imagine my surprise when I got all those compliments. Trust me, what matters are the inches that are shedding off of your problem areas! Again, I haven't followed a diet or cut any carbs. I ended up counting my daily calories and apparently that's quite enough. There is one hang-up I have on this program. I started out on the program about 25-30 lbs overweight. In this way, I felt that perhaps the book wasn't exactly written for me. The book does not place a lot of emphasis on cardio. I am not passionate about cardio either, however in my opinion, as someone who was 25-30 lbs overweight, some cardio is still necessary. During the beginning of the program, I was doing mainly the HIIT cardio like the book illustrates. However, I started to lose MORE body fat when I began to do the steady state cardio at medium intensity for over 45 minutes again. Of course, I hear that HIIT works wonders for some people. It's just not enough cardio for my body. That's a learning process that I'm still trying out for myself. Overall, I owe my high regards to this book after my full year of my life in lifting. I am sad for the people who can't follow this book. Exercise tapes are nice and provide good workouts, however books like this are educating for a lifetime of health awareness. The general fitness or health industry is a lot of flashiness, promising fast results and amazing changes. Most of these marketing pitches don't work in the long run. (Believe me, I've tried them all.) I personally am liking going to the arm curl section of the gym and scrapping for the squat rack. I am considering other programs from this book series later on. If there is an intermediate or advanced book for women available, I am on it.

A few years ago I found a number of websites promoting this book. What the heck, I thought, I'd

give it a try. I was living in Africa at the time and actually had access to a gym - not a lot of machines, but exactly the type of things I needed for this program. My husband started it with me. Both of us got into the BEST shape of our lives. Seriously, I went from a size 14 to an 8 about 4 months. I don't think we ended up completing the program however - the gym in town closed, then we moved back to America. Fast forward - I lent the book to a number of friends and have lost track of it over the past couple years. I also have moved back up in size and lost a lot of muscle (it's amazing how America will do that to you!). Hubby started on the NROL (original) and has progressively built up his extremely lean 6ft tall self. I, on the other hand, didn't fall in love with the original version and well, got lazy. I joined a gym 2 weeks ago and have been working with a trainer and found quick quickly that what I was doing with her was in no way comparable to the lifting I was doing with this program. So I just bought a copy for my gym buddy and am getting another copy for me and am ready to get started again!! I love that he advocates HIIT and doing "other" activities like yoga or things you find fun on your "off" days. The reason it only gets 4 stars is the nutrition portion - if I recall, it really does seem to be advocating a low carb diet...and then it goes ahead and throws you a high carb plan. For me, personally, low carb is the only way to go (and please if you don't really understand low carb or assume it's all Atkins Phase 1, don't knock it - I bet I eat more veggies than most people on here!! :) ) I "heard" that the nutritionist in the book is actually a proponent of LC eating but was persuaded to add a more carb-heavy plan so it would be more appealing to readers. Anyway, I digress...I didn't buy the book for the nutrition program, I bought it for an amazing heavy lifting program, and I haven't been disappointed! So buy it, read it, and DO IT! No more light weights - go heavy or go home!

I highly recommend this book for woman who want to lift. I went by this for a year and was able to build 15lbs of muscle while losing inches where I wanted. I actually gained a booty.

Awesome comprehensive book includes general workout theory, nutrition advice and of course a weight training program. Program took me about six months to complete and I absolutely love the way it makes me feel and look! Highly recommend!

I always liked to go to the gym to burn off some steam. I knew the machines. I knew proper form. Doing anything is better than doing nothing... But this book really gives you the results you crave!!! used to swim miles in highschool at swim practice, and my legs have never looked THIS GOOD! Now, you have to watch your calorie intake too. The first time I tried the plan, I wasn't watching what

I ate, so I gave up since I didn't see the results I wanted. But this time, I did it right. I have a super clean diet 6 days a week, and I eat some junk I've been craving the last day to keep myself from falling off the wagon. I have thick thighs, and I promise, this program will not bulk you up. My fiancée now says I look perfect!! And it has inspired him to get his butt in gear as well. It would be tougher for a true beginner, I recommend getting someone to show you proper form if you have never spent any time in the weight room. Improper form can lead to severe injury. Bottom line, I have never looked this good, and I have always been in decent shape. If you follow this program, I promise you will love the results... And the guys will too! I am told that guys are not put off by a woman in the weight room- in fact, quite the opposite.

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