



The New Rules of Lifting for Abs: A Myth-Busting Fitness Plan for Men and Women Who Want a Strong Core and a Pain-Free Back

Lou Schuler, Alwyn Cosgrove

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An expert fitness team shares their cutting-edge program for achieving stellar abs-in just three hours a week.

A strong, athletic physique, highlighted by a flat midsection with well-defined abdominal muscles, is the goal of everyone who works out, from lifelong gym rats to the New Year's resolution crowd. But most people who seek these goals undermine their efforts. In *The New Rules of Lifting for Abs*, Lou Schuler and Alwyn Cosgrove offer unique programs based on the latest breakthroughs in exercise science. And, as they did in their previous books, *The New Rules of Lifting* and *The New Rules of Lifting for Women*, the authors debunk ab-training myths while showing readers how to strip off even the most stubborn flab.

Surprising revelations include:

- Washboard abs do not always equal a healthy, pain-free back
- The crunch is actually a poor choice for most people
- Extending the core can be much more effective than flexing ab muscles
- It's impossible to isolate the core muscles
- And much, much more

Readers get three months of intense workouts, combining fat-busting conditioning work with intense strength training, which they can easily expand into a yearlong program. Schuler and Cosgrove also include a nutrition component detailing how to eat for fat loss, muscle gain, and improved health. Home-gym friendly, and illustrated with more than 150 black-and-white photographs, *The New Rules of Lifting for Abs* delivers the goods.

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Cecilia Moore:

The actual book The New Rules of Lifting for Abs: A Myth-Busting Fitness Plan for Men and Women Who Want a Strong Core and a Pain- Free Back has a lot info on it. So when you make sure to read this book you can get a lot of advantage. The book was compiled by the very famous author. The writer makes some research prior to write this book. That book very easy to read you can get the point easily after scanning this book.

Irma Chavez:

Your reading 6th sense will not betray you, why because this The New Rules of Lifting for Abs: A Myth-Busting Fitness Plan for Men and Women Who Want a Strong Core and a Pain- Free Back guide written by well-known writer who really knows well how to make book that could be understand by anyone who read the book. Written in good manner for you, still dripping wet every ideas and producing skill only for eliminate your own hunger then you still question The New Rules of Lifting for Abs: A Myth-Busting Fitness Plan for Men and Women Who Want a Strong Core and a Pain- Free Back as good book not just by the cover but also through the content. This is one publication that can break don't evaluate book by its cover, so do you still needing a different sixth sense to pick this specific!? Oh come on your studying sixth sense already alerted you so why you have to listening to another sixth sense.

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