



# **Fitness Doesn't Discriminate: A Brief Look at Gender Specific Training, and Single Muscle Group Isolation Training**

*Mike Perlozzo*

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There are many workout programs out there aiming to help work on a specific body part, or workouts that are specific to just women and/or men. In this book I'm going to talk about why this may not be the best way of thinking on your path to becoming or staying fit. There is a brief overview of basic anatomy and physiology of the body, and discussion comparing different training strategies. After reading this book my hope is that you see that fitness doesn't discriminate between muscle group or gender, and using a training approach highlighting this frame of mind can be more beneficial to you.

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