



Women's Health Lift to Get Lean: A Beginner's Guide to Fitness & Strength Training in 3 Simple Steps

Holly Perkins

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Research shows that building muscle helps the body burn more calories 24/7 and that resistance training is the most effective way to torch body fat. Yet that message is still lost on many women who fear that weight lifting will make them bulky, turn their skin green, and give them Incredible Hulk muscles like their boyfriends'. Women have more options than step aerobics or running on a treadmill to shed pounds: They can weight-train in a very specific manner designed to make the most of a woman's unique physiology.

Lift to Get Lean is the first beginner's guide to strength training from *Women's Health* that is written specifically for women by a woman. Holly Perkins is a certified strength and conditioning specialist (CSCS) who has been teaching the fat-burning secrets of weight training exclusively to women for more than 20 years. Perkins doesn't follow men's rules when it comes to building muscle. Her *Lift to Get Lean* delivers a three-step system: Technique, Movement Speed, and the Last 2 Reps Rule, which make all the difference in developing the kind of strong, lean, and sexy body women want. Perkins offers four different 90-day training programs that efficiently build functional strength along with leaner legs, stronger arms, and a sexier butt.

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Scott Marin:

The book Women's Health Lift to Get Lean: A Beginner's Guide to Fitness & Strength Training in 3 Simple Steps has a lot details on it. So when you read this book you can get a lot of benefit. The book was authored by the very famous author. The writer makes some research prior to write this book. This particular book very easy to read you can get the point easily after looking over this book.

Sheila Davis:

This Women's Health Lift to Get Lean: A Beginner's Guide to Fitness & Strength Training in 3 Simple Steps is fresh way for you who has intense curiosity to look for some information mainly because it relief your hunger associated with. Getting deeper you upon it getting knowledge more you know or you who still having tiny amount of digest in reading this Women's Health Lift to Get Lean: A Beginner's Guide to Fitness & Strength Training in 3 Simple Steps can be the light food in your case because the information inside this specific book is easy to get by anyone. These books develop itself in the form and that is reachable by anyone, yeah I mean in the e-book form. People who think that in reserve form make them feel tired even dizzy this guide is the answer. So there isn't any in reading a publication especially this one. You can find actually looking for. It should be here for a person. So , don't miss that! Just read this e-book variety for your better life along with knowledge.

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