

Women's Health

A Beginner's
Guide to Fitness
& Strength
Training in
3 Simple
STEPS

Lift *to Get* Lean

Holly
Perkins

Certified Strength and Conditioning Specialist



Introduction

?Research indicates that building muscle helps the body burn extra calories 24/7 and that resistance schooling is the only manner to torch body fats. Yet that message continues to be lost on many girls who fear that weight lifting will lead them to cumbersome, turn their pores and skin inexperienced, and provide them Incredible Hulk muscle groups like their boyfriends. Women have extra options than step aerobics or walking on a treadmill to shed kilos: They can weight-train in a completely precise manner designed to make the most of a womans precise physiology.

Lift to Get Lean is the primary novices manual to strength education from *Womens Health* this is written specially for ladies with the aid of a female. Holly Perkins is a certified electricity and conditioning specialist (CSCS) who has been coaching the fats-burning secrets and techniques of weight training solely to girls for greater than two decades. Perkins doesnt follow mens policies on the subject

You're reading a free preview.
Page 2 to 133 are not shown in
this preview.

**DOWNLOAD
THE FULL VERSION**

Page is hidden