



## Strength Training for Women

By John Shepherd



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*Afraid of training with weights? Worried of putting on muscles? Think again. Strength training is for women.*

This book is the ultimate guide to toning up, burning fat and getting the body you want. It shows you why women should train with weights and why you should not be afraid of them. Dispelling the myth that weight training makes a woman 'bulky and unfeminine', the book shows that weights and resistance training methods could be the single most important element in your fitness regime.

Packed with full-colour photos and descriptions of over 30 exercises, the book gives you advice on how to put together a resistance training programme as well as how to interchange exercises. Motivational, it also gives three 6-week workout programmes to achieve a stronger, fitter and firmer body.

This is the ideal companion to get the best toned body you've always wanted. Strength training *is* for women.

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### Editorial Review

#### Review

Discover how a little resistance training can go a long way Top Sante Health & Beauty Shows how to shape up without bulking up. Woman & Home Strength training tones all the key parts of your body, producing firmer muscles and pulling in problem areas - giving an all-round leaner physique. Your Fitness shows women why they should train with weights and not be afraid of the myth of bulking up FitPro

#### About the Author

Fitness expert **John Shepherd** is publishing editor of *ultra-FIT* magazine. His previous books include *The Complete Guide to Sports Training* and *Strength Training for Runners*. He is also a former international athlete and coach.

### Users Review

#### From reader reviews:

##### Margie Turner:

The book Strength Training for Women can give more knowledge and information about everything you want. So just why must we leave the good thing like a book Strength Training for Women? A few of you have a different opinion about publication. But one aim in which book can give many facts for us. It is absolutely appropriate. Right now, try to closer with your book. Knowledge or details that you take for that, you could give for each other; you are able to share all of these. Book Strength Training for Women has simple shape nevertheless, you know: it has great and big function for you. You can search the enormous world by open up and read a book. So it is very wonderful.

##### Alicia Hendrickson:

Spent a free time to be fun activity to do! A lot of people spent their down time with their family, or their friends. Usually they undertaking activity like watching television, likely to beach, or picnic inside the park. They actually doing same task every week. Do you feel it? Do you want to something different to fill your personal free time/ holiday? Could possibly be reading a book could be option to fill your no cost time/ holiday. The first thing you will ask may be what kinds of book that you should read. If you want to test look for book, may be the publication untitled Strength Training for Women can be very good book to read. May be it is usually best activity to you.

##### Dwight Case:

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**Patty Shield:**

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