

New Rules Of Lifting Six Basic Moves For Maximum Muscle Lou Schuler

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In The New Rules of Lifting, fitness guru Lou Schuler and strength-training expert Alwyn Cosgrove boil down the most recent findings on weight lifting and fitness to create a program of workouts that focuses on the movements at which the body naturally excels. These six "real-life" movements—squat, bend, lunge, push, pull, and twist—compose three complete programs for three distinct goals: fat loss, muscle gain, and strength improvement.

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