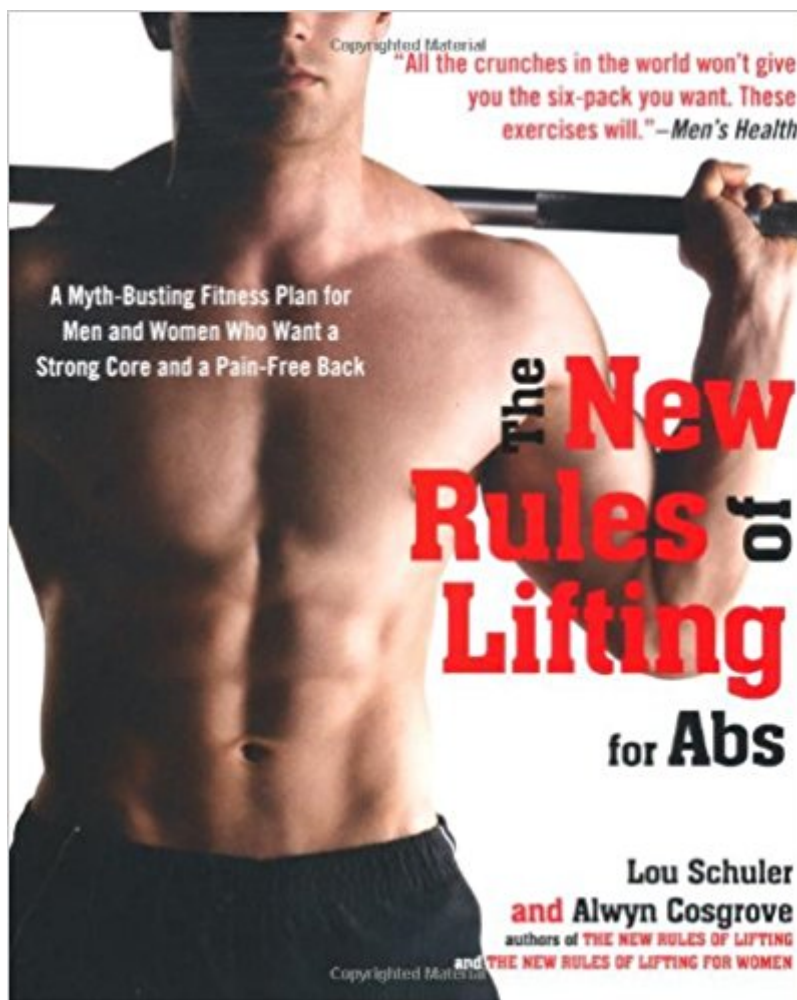


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The New Rules Of Lifting For Abs: A Myth-Busting Fitness Plan For Men And Women Who Want A Strong Core And A Pain- Free Back



Synopsis

In *The New Rules of Lifting for Abs*, Schuler and Cosgrove deliver more than the standard bunches-of-crunches approach to abdominal training. Although building those ab muscles is important-no question-Schuler and Cosgrove also help you understand that doing so is useless in isolation. That's why *The New Rules of Lifting for Abs* offers a full-spectrum conditioning system designed to get you stronger, leaner, more muscular, and more athletic. Within each workout, you'll get:

- * Dynamic warm-ups to help awaken and activate your muscles
- * Core training to build balanced stability, endurance, and strength in your abs, lower back, and hips.
- * Strength training to increase your strength, power, and muscle mass.
- * Metabolic work to burn fat and improve your overall conditioning.

Debunking myths and focusing on the moves and techniques that burn fat, *The New Rules of Lifting for Abs* will have you shedding fat, building muscle, and showing off your lean, athletic midsection faster than you ever thought possible.

Book Information

Paperback: 304 pages

Publisher: Avery; 1 Reprint edition (January 3, 2012)

Language: English

ISBN-10: 1583334602

ISBN-13: 978-1583334607

Product Dimensions: 7.4 x 0.6 x 9.2 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 90 customer reviews

Best Sellers Rank: #689,769 in Books (See Top 100 in Books) #68 in Books > Health, Fitness & Dieting > Exercise & Fitness > Ab Workouts #745 in Books > Health, Fitness & Dieting > Exercise & Fitness > Weight Training #1065 in Books > Health, Fitness & Dieting > Exercise & Fitness > Injuries & Rehabilitation

Customer Reviews

"All the crunches in the world won't give you the six-pack you want. These exercises will." â *Men's Health*

Cogrove and Schuler's groundbreaking program is based on the concept that a healthy, sculpted body is the result of your muscles working the way they were intended." â *Women's Health*

Lou Schuler, editorial director for T-Nation.com, is a National Magazine Award-winning journalist,

certified strength and conditioning specialist, and author or coauthor of several popular books about diet and strength training, including Testosterone Advantage Plan, Home Workout Bible, Book of Muscle, and The New Rules of Lifting. He lives in Allentown, Pennsylvania, with his wife and three children.

After deciding that it was time to lose some weight I started counting calories. I lost about 25-30 lbs. but I still didn't love the way I looked. As I was obsessively reading blog post after blog post on my fitness tracking app I kept seeing women posting about lifting heavy and dispelling the myths that lifting will make women big and bulky. I came across a really convincing blog post with awesome photo proof and an endorsement for The New Rules of Lifting for Women program. I decided that day to get over my hesitations, intimidations, and excuses and to just do it! I picked up the book and started reading that night. Sometimes I get bored by fitness books but Lou Schuler has a way of being incredibly informative and entertaining at the same time. The book was funny and I learned a lot! The workouts were perfectly laid out and easy to follow. Every single exercise has clear and detailed instructions with pictures included. Not only do you see how to do the workouts but you understand the 'why'. The workouts were fun and incredibly empowering. Also I learned that I need to eat to fuel my body! I developed a healthier relationship with food and got to eat more than my calorie counting 1300 calories a day to feed my muscles!! The program only calls for 2-3 workouts a week (you choose) and strictly forbids you from doing anymore than 3 lifting days per week, as they are full body workouts and it is important to let your muscles rest and recover for 48 hours. There are variations to make each exercise harder or easier, depending on your fitness level so anyone can do this program and get results. The program is set up to help you make gains and become stronger. After about 6 months I completed the program. I was definitely stronger physically and a surprise bonus I was stronger mentally!! I lost body fat and gained muscle but I didn't look bulky. I was actually smaller than when I started the program and I look fit instead of 'skinny fat'. I had even gotten rid of my exercise induced asthma. I felt and looked better than I ever have in my entire life. It was exhilarating to have finished the program but I was sad that it was over until I found out that Lou had other New Rules of Lifting books!! I decided to do the Abs program next and loved it just as much, if not more! The book was informative and entertaining and I learned even more! Since the book is newer there was newer information and I learned so much about the invaluable core muscles. There is so much more to the core than just the abs. Also the workouts were a bit shorter but still incredibly effective and I still only had to commit to 2-3 times a week. Don't let the name fool you, the workout are still full body workouts but the lifts are all designed to strengthen your core.

The workouts are all laid out for you with pictures and detailed instructions, just like in the for Women program. I would strongly recommend this book to anyone looking to improve their overall health, looks, and confidence. It is perfect for anyone, whether you have never lifted weights in your life or you've been lifting for years. It has my highest stamp of approval. Happy lifting everyone!

How much do I freakin' love this book? Let me try to tell you. It is simply awesome. I'm a 50-something guy. Spent most of my life going to the gym, using the weight machines at the Y and a bunch of local military bases. I was in excellent shape and firmly believed I knew all there is to know about being fit. The free weights room was foreign to me and I only peaked into it now and then. I'd never done a squat or lunge in my life. The thought of a deadlift scared my back. I had my machines and my memorized PX90 ab-crunching plus extensive plank routines. I was in great shape, or so I thought. A year and half ago, my college daughter began using a personal trainer. They spent their time in the free weights room doing exercises I'd never seen before. The trainer told her to purchase New Rules (Supercharged). I looked at it, was intrigued, and decided to purchase this one (New Rules for Abs). I skimmed it, thought it was too complicated, and cherry-picked a few new exercises to add to my already brilliant routines. And then the book just sat on our coffee table for almost a year. Then, in May of this year I somehow hurt my lower back during a lengthy abs routine. Didn't even realize it till I couldn't rise out of bed the next morning. Brilliant. If you've ever "pulled your back" - straining the muscles to the side of your lumbar - you know how excruciating and debilitating it is. It took me two weeks to return to the gym for light workouts. In the meantime, I resolved to never do that again and to read this book from cover to cover, and follow it to a tee. I abandoned every workout in my repertoire and gave myself over to the Schuler-Cosgrove philosophy. I began in August and quickly memorized the dynamic warm-up and the not-as-complicated-as-it-first-appears system and workouts in Phase One. Loved it. Then I knocked out Phase Two. Loved it. And now I'm almost done with Phase Three. Still loving it. The workouts are fun and damn near addictive. It really is for full body results and not just abs. (Although my abs now actually come close to looking like the dude on the book cover!) Next I will either go back to Phase One and/or Two, and then try out Supercharged, which I just borrowed from my daughter and started reading from the first page. Bottom line: New Rules is all I need for the rest of my life. I feel great. No more researching, cherry-picking, and experimenting. No more stuck in a rut doing the same substandard routines year after year. I urge you to try it - read this book cover to cover, give it your best effort, and you'll realize it's not all that complicated and it's the very best system you never even knew about.

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