

# [PDF] The New Rules Of Lifting For Life: An All-New Muscle-Building, Fat-Blasting Plan For Men And Women Who Want To Ace Their Midlife Exams

Lou Schuler, Alwyn Cosgrove - pdf download free book

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**Books Details:**

Title: The New Rules of Lifting For  
Author: Lou Schuler, Alwyn Cosgrove  
Released: 2012-04-26  
Language:  
Pages: 320  
ISBN: 1583334610  
ISBN13: 978-1583334614  
ASIN: 1583334610

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## Description:

**Review** Praise for *The New Rules of Abs*:

“There isn’t a single crunch or sit-up in *The New Rules of Lifting for Abs*. Instead, Schuler and Alwyn Cosgrove base their workout around planks and side planks...This isn’t a revolutionary concept among fitness professionals. But you’d never know it by watching what people in health clubs do.”  
—Yahoo Sports

“All the crunches in the world won’t give you the six-pack you want. These exercises will.” —*Men's Health*

“Cosgrove 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.” —*Women's Health*  
--This text refers to the edition.

**About the Author Lou Schuler** is a National Magazine Award-winning journalist, a certified strength and conditioning specialist, and the author or coauthor of several popular fitness titles. He lives in Allentown, Pennsylvania, with his wife and children.

**Alwyn Cosgrove** is co-owner, with his wife, Rachel, of Results Fitness in Newhall, California, and a frequent contributor to *Men's Health* and *Men's Fitness*, among other publications.

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