

[PDF] The New Rules Of Lifting: Six Basic Moves For Maximum Muscle

Lou Schuler, Alwyn Cosgrove - pdf download free book



Books Details:

Title: The New Rules of Lifting: Six
Author: Lou Schuler, Alwyn Cosgrove
Released: 2008-12-26
Language:
Pages: 320
ISBN: 158333338X
ISBN13: 978-1583333389
ASIN: 158333338X

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Description:

Review ?"The New Rules of Lifting" is one of the first books on the subject that didn't make me want to smack the authors over the head with a rusty dumbbell. This book is painfully honest, refreshingly funny, and superbly informative.? ? T.C. Luoma, Editor-in-Chief, T-Nation.com

About the Author 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.

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