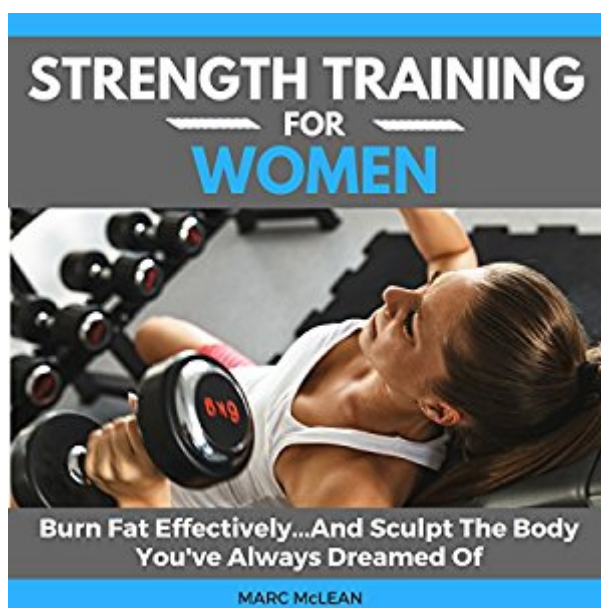


The book was found

# Strength Training For Women: Burn Fat Effectively...and Sculpt The Body You've Always Dreamed Of



## Synopsis

Strength Training for Women...Your Answer to Less Fat, Toned Muscle and the Body You've Always Dreamed of. There's a growing army of women out there laughing, because they've turned their bodies into fat burning machines - without exercising most of the week, or eating like a rabbit. They've transformed their bodies - and are now in the best shape of their lives. They now love exercise, feel strong - and love the fact that they never have to do mind-numbing cardio ever again! These are the women who do strength training and are now laughing about the huge misconception - that lifting weights makes women bulky or masculine. The reality is that weight training incinerates body fat, develops lean, toned muscles, increases your strength, improves your mental health, strengthens your heart, lowers your risk of disease, strengthens bones, improves posture, boosts your confidence - the list goes on. The word on these benefits is well and truly out there amongst women, and Strength Training for Women...Your Answer to Less Fat, Toned Muscle and the Body You've Always Dreamed of is written to spread the message even further. Are you fed up pounding the treadmill, literally getting nowhere? Are you frustrated after exercising for weeks, but seeing zero results when you look in the mirror? Are you bored with your fitness classes or the same old boring workout? Do you have to drag yourself along to the gym each time? This audiobook can help solve all those problems. Imagine having to only exercise three times per week, for less than an hour each time? Imagine really enjoying each session and looking forward to your next one? Imagine feeling stronger and more confident every week? And imagine all of that translating into clear, positive changes in your body shape, health, and entire vibe? That's exactly what weight training can deliver.

## Book Information

Audible Audio Edition

Listening Length: 1 hour 53 minutes

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Version: Unabridged

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## Customer Reviews

I am still struggling to return to my pre-birth shape and I am so happy to find this book. It has just everything I needed. Plenty of motivation and encouragement, plenty of tips and exercises to make sure you are working on those muscles which really need workout. The entire training program looks very effective and though I just started attending gym I believe it would be of much help for me in my goals. Certainly recommended.!

The strength training for women is very encouraging. I want to have a fit and sexy body and at the same time a healthy body. Many women would love this book because it can make things easy to loss weight. I will continue searching book like this because it can change my perception about getting fit.

It contains food info on all over body exercises and advice on how to figure out how much weight i should be lifting. I wish there was more detail on diet and nutrition too though.

If you're a beginner like me then Strength Training For Women is probably a good fit for you. Everything is laid out well and easy to understand.Loved the chapter on glutes training. Looking forward to checking out the free video demos next.

Great book for women & great advice from a female's perspective on weight training. Well put together for newbies to the weightlifting world.

Using this book is great and help my workout improve

Great advice to get started!

after several months of not going to the gym, i'm now ready. not intimated as i'm more than ready and that's thanks to this empowering women's guide. it advocates an hour or less than spent time in the time with progressive results. fascinating, huh?

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Strength Training for Women: Burn Fat Effectively...and Sculpt the Body You've Always Dreamed of

BELLY FAT: 40 EFFECTIVE HABITS to BURN BELLY FAT for A SLIM WAIST (Belly Fat, Fat Burning For Women, Weight Loss, Zero Belly Diet, Flat Belly Diet, Abs Diet, Waist Training Workout) (FIT BODY Book 1) Intermittent Fasting Hacks: How To Eat Whatever The F\*ck You Want To Burn Fat, Get Lean and Look Phenomenal! (Burn Fat, Intermittent Fasting, Fat Loss, ... Fasting, Clean Eating, Bodybuilding) Intermittent Fasting: Make Your Body Burn Fat For Fuel Everyday, Optimize Muscle Mass, Hormones And Health. Decrease Insulin Resistance And Body Fat (intermittent ... fasting for weight loss, lean body.) Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training,Puppy training, Puppy house training, Puppy training ... your dog,Puppy training books Book 3) The Men's Fitness Exercise Bible: 101 Best Workouts to Build Muscle, Burn Fat, and Sculpt Your Best Body Ever! Crate Training: Crate Training Puppies - Learn How to Crate Train Your Puppy Fast and Simple Way (Crate Training for Your Puppy): Crate Training (Dog Training, ... Training, Dog Care and Health, Dog Breeds,) How to Burn Belly Fat: 37 Fitness Model Secrets to Burn Belly Fat ( Abs, Ab Workouts, Healthy Living Tips) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) Intermittent Fasting: How To Lose Weight, Burn Fat & Build Lean Muscle The Easy Way (Intermittent Fasting, Burn Fat, Build Lean Muscle, Lose Weight) Cross Training WOD Bible: 555 Workouts from Beginner to Ballistic (Bodyweight Training, Kettlebell Workouts, Strength Training, Build Muscle, Fat Loss, Bodybuilding, Home Workout, Gymnastics) Belly Fat: The Healthy Eating Guide to Lose That Stubborn Belly Fat - No Exercise Required (Belly Fat, Healthy eating, weight loss for women, low fat, ... wheat, detox, grain free, gluten free) Strength Training Program 101: Build Muscle & Burn Fat...in Less Than 3 Hours Per Week Bodyweight Training: Bodyweight Cross Training WOD Bible: 220 Travel Friendly Home Workouts (Bodyweight Training, Bodyweight Exercises, Strength Training, ... Bodybuilding, Home Workout, Gymnastics) Rowing WOD Bible: 80+ Cross Training C2 Rower Workouts for Weight Loss, Agility & Fitness (Rowing Training, Bodyweight Exercises, Strength Training, Kettlebell, ... Training, Wods, HIIT, Cardio, Cycling) DUKAN DIET: Lose Weight FAST And Lose Weight FOREVER: Four Phase Plan (Fat Burning Diet, Weight Loss Motivation, Burn Fat, Diet Plan, Weight Loss Plan, Dukan, Belly Fat) Butt Workout (6-Week Plan): The Best Butt Workout Guide And Butt Workout Routines To Give You The Lifted Butt You've Always Wanted (How to Get an Amazing Butt, No Gym Needed, Sculpt Perfect Curves) Bodybuilding: 48 Bodybuilding Secrets Proven To Help You Build Muscle, Build Strength And Build Mass In 30 Days Or Less (bodybuilding, fitness, strength training, bodybuilding training) Strong: Nine Workout Programs for Women to Burn Fat, Boost Metabolism, and Build Strength for Life Ketogenic Diet

Weight Loss Recipes Box Set 2 Books in 1: Burn Fat and Achieve Rapid Weight Loss For  
Beginners through Low Carb and High Fat Recipes Ketosis ... fitness and ketosis and get a Dream  
Body)

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