

# [PDF] Strength Training For Women: Tone Up, Burn Calories, Stay Strong

Joan Pagano - pdf download free book

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#### Books Details:

Title: Strength Training For Women:

Author: Joan Pagano

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#### Description:

**From Publishers Weekly** A personal trainer in NYC's Upper East Side, Pagano has dedicated the past 16 years of her life to passing her knowledge and passion for fitness on to other women in the hopes of helping them improve their lives and prevent common diseases like osteoporosis. Her first offering in the crowded self-help fitness genre succeeds impressively well as a resource for women of all ages looking to improve their overall health. Like a good personal trainer should, she begins

with a three-part fitness test and questionnaire to assess whether the reader should consult a doctor before beginning her program. For true beginners, she provides an anatomy chart that depicts the major muscle groups and the exercises that are best suited to them. She dispels fitness myths like "lifting weights will bulk you up" and "you can spot reduce," and talks about the risk factors, exercise guidelines and restrictions of osteoporosis. Best of all for novices, many of Pagnano's beginner exercises require no special equipment, relying instead on everyday fixtures like chairs, walls and kitchen countertops. (More advanced exercises use free weights, stretch bands and stability balls.) The color photos, diagrams and clear explanations make the exercises easy to follow, and Pagano provides full training programs for improving posture and strengthening the lower, upper and core muscles of the body. This book may be one of the best substitutes for pricey gym memberships and personal trainers.

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**Review** "Color photos of different women are the meat of this easy tone-up handbook." -- *Library Bookwatch*

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