

# **[PDF] 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**

**Lou Schuler, Alwyn Cosgrove - pdf download free book**

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**Books Details:**

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Author: Lou Schuler, Alwyn Cosgrove

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**Description:**

**Review** "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, 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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