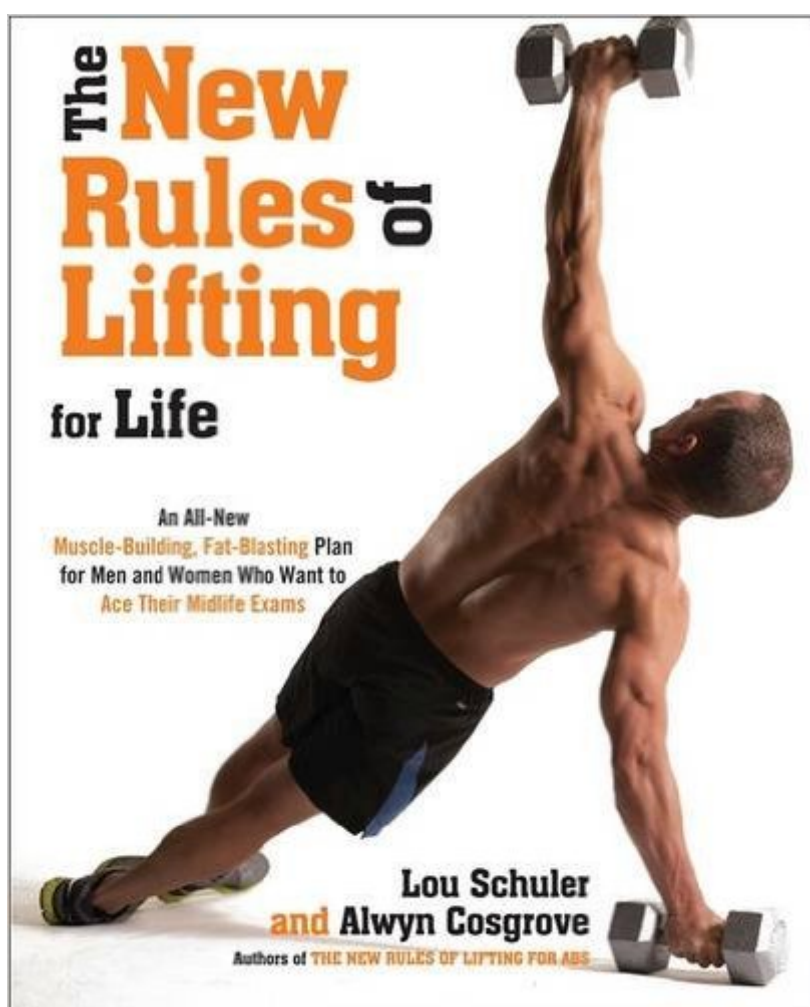


The book was found

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



Synopsis

A customizable-and realistic-fitness program specifically created for midlifers who want to lose weight, revitalize energy, and build habits for increased longevity. Today's exercising adults are caught in a bind: Those who take it seriously and work out aggressively end up with chronic aches and pains in midlife because they don't know how to adjust their programs as they get older. And those who take it easy end up with overfed, underdeveloped bodies that don't respond well when they decide to get serious about exercise. Lou Schuler and Alwyn Cosgrove, fitness experts and authors of The New Rules of Lifting series know all too well that these readers need a program of their own. That's because they are these readers. Schuler started working out in his early teens. After forty years, he realized he couldn't do the programs in his own books without lots of modifications. And Cosgrove, a former European champion in tae kwon do, is a two- time survivor of stage IV cancer who found himself with limited endurance and a body that stubbornly refused to add muscle or shed fat. So the authors set out to create a new template for exercise, one that delivers serious results but is also flexible enough to accommodate individual limitations. The New Rules of Lifting for Life offers a six-month plan that balances total-body strength, endurance, mobility, balance, coordination, and athleticism. The workouts are challenging and, in conjunction with the suggested diet modifications, will help readers change the way their bodies look, feel, and perform. And not just temporarily- The New Rules of Lifting for Life allows you to enjoy productive and pain-free workouts for many years to come.

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Customer Reviews

The "New Rules of Lifting" are popular books, especially the version for women: *New Rules of Lifting for Women: Lift like a Man, look like a Goddess*. Now there is a new, updated book by the same authors, with some VERY important additional rules and clarification that are especially important for middle-aged people who work out --and it wouldn't hurt anyone younger to follow these either. A friend of mine who is a trainer remarked once that muscle builds a basis for "padding" that can protect against falls, and can protect against injury in sports as well as helping retain bone mass. The new rules have a lot to do with the ABS... yes, it is true that abs are made in the kitchen but working the core (the abs) is the key to fitness in this book. For example Rule #1 says the role of the abs is to protect the spine. With so many people suffering back pain, which is entirely distracting and ultimately debilitating, this SHOULD be numero uno and it is. Rule #2 also has to do with the spine--any exercise that injures your spine CANNOT protect it. That sounds almost self-evident, but how many lifting exercises, done incorrectly (ie, deadlifts) are actually doing more harm than good. Form does matter. Rule #3 and #4 --forget the "six pack" and bulging abs. You may, genetically, not develop those. But a strong core still protects you and that's what counts. The author is going after strength and stability, not prettiness. This is focusing on what matters--maintaining your strength through middle age and beyond. Again, this can apply to younger people--what you develop in youth and maintain is easier to keep up.

The *New Rules of Lifting for Life (NRoLfL)* is part of a series of strength training books that came out a few years ago. This is the fourth book in the series and follows: *The New Rules of Lifting: Six Basic Moves for Maximum Muscle* - This is the original book that NRoLfL is based on. *The New Rules of Lifting for Women: Lift Like a Man, Look Like a Goddess* *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* The original NRoL is very similar to Mark Rippetoe's *Starting Strength*. The idea is on doing exercises that focus on large muscle groups (legs, back, chest, etc) and basic movements that involve multiple muscle groups working together, rather than wasting time isolating smaller muscle groups. Often I will see people at the gym who are overweight, doing bicep curls, lat pulldowns, and crunches, while neglecting the huge muscles in their legs and backs. The stronger these muscles are, the more fat you will burn and the higher your fitness level will be.

First, let me say that I'm a fanatic fan of Alwyn Cosgrove, the trainer whose routines are in this series of books. I was also a professional Pilates teacher for seven years and I trained my clients

with weights, in addition to Pilates on the machines, when that did not give the results we were looking for. Personally, I've been doing, "Lift Like a Man, Look Like a Goddess" for a few months and it's giving me better results in less time than I ever thought possible. This review compares, "New Rules of Lifting for Life" to "Lift Like a Man, Look Like a Goddess," because I am familiar with, and love, that book. Most of Cosgrove's workouts are based on the perfect exercise: weight training with intervals; it raises your metabolism in the short term with the aerobic intervals; it raises your metabolism in the long-term by adding muscle mass; and it makes you smaller--muscle is much, much smaller than fat for the same amount of weight. That said, this book is great in theory. If you have the other books in this series, you won't be disappointed in this one: the diet advice--eat less if you're getting bigger--shows that Lou Schuler has understood metabolism and weight gain. Also, the safety recommendations are extremely useful if you have any injuries. And, there are (even more) exercise variations than there are in the other books, which is great for adding variety. However, this book is frustrating. It uses equipment that I, as a fairly strong, but 5'4" woman, can't get access to outside of a gym or having a \$400 piece of equipment put together for me. There are very few sections that don't rely on some gym-specific pieces of equipment, specifically a power cage with a pull-up bar and a suspension system.

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