



Weight-bearing Workouts for Women: Exercises for Sculpting, Strengthening, and Toning

Yolande Green

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Weight training is the fastest, most effective way to lose fat, improve muscle tone, and strengthen bones. Weight-bearing Workouts for Women shows just how easy it is for women at any age to get started with weights. It teaches exercises that address every area of the body including shoulders, chest, back, biceps, triceps, abdominals, obliques, gluteals, quadriceps, hamstrings, and calves. The program in Weight-bearing Workouts for Women focuses on the use of small free weights (3 to 8 pounds) and includes stretches and release moves so that readers can design a personalized weekly exercise plan.

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