



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

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In *The New Rules of Lifting for Abs*, Schuler and Cosgrove deliver more than the standard bunches-of-crunches approach to abdominal training. Although building those ab muscles is important-no question-Schuler and Cosgrove also help you understand that doing so is useless in isolation. That's why *The New Rules of Lifting for Abs* offers a full-spectrum conditioning system designed to get you stronger, leaner, more muscular, and more athletic. Within each workout, you'll get: * Dynamic warm-ups to help awaken and activate your muscles * Core training to build balanced stability, endurance, and strength in your abs, lower back, and hips. * Strength training to increase your strength, power, and muscle mass. * Metabolic work to burn fat and improve your overall conditioning. Debunking myths and focusing on the moves and techniques that burn fat, *The New Rules of Lifting for Abs* will have you shedding fat, building muscle, and showing off your lean, athletic midsection faster than you ever thought possible.

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