



# **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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An expert fitness team shares their cutting-edge program for achieving stellar abs-in just three hours a week.

A strong, athletic physique, highlighted by a flat midsection with well-defined abdominal muscles, is the goal of everyone who works out, from lifelong gym rats to the New Year's resolution crowd. But most people who seek these goals undermine their efforts. In *The New Rules of Lifting for Abs*, Lou Schuler and Alwyn Cosgrove offer unique programs based on the latest breakthroughs in exercise science. And, as they did in their previous books, *The New Rules of Lifting* and *The New Rules of Lifting for Women*, the authors debunk ab-training myths while showing readers how to strip off even the most stubborn flab.

Surprising revelations include:

- Washboard abs do not always equal a healthy, pain-free back
- The crunch is actually a poor choice for most people
- Extending the core can be much more effective than flexing ab muscles
- It's impossible to isolate the core muscles
- And much, much more

Readers get three months of intense workouts, combining fat-busting conditioning work with intense strength training, which they can easily expand into a yearlong program. Schuler and Cosgrove also include a nutrition component detailing how to eat for fat loss, muscle gain, and improved health. Home-gym friendly, and illustrated with more than 150 black-and-white photographs, *The New Rules of Lifting for Abs* delivers the goods.

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