



# 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

*By Lou Schuler, Alwyn Cosgrove*

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Today's exercising adults are caught in a bind: Those who take it seriously and work out aggressively can end up with chronic aches and injuries because they don't know how to adjust their programs as they get older. And those who take it easy may end up with overfed, underdeveloped, injury-prone bodies. 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 just like these readers. So they set out to create a new template for exercise, one that delivers real results but is flexible enough to accommodate individual limitations. The New Rules of Lifting for Life offers a six-month plan that integrates 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 will allow you to enjoy productive and pain-free workouts for many years to come.

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### **Editorial Review**

#### **Review**

Praise for *The New Rules of Abs*:

“There isn’t a single crunch or sit-up in *The New Rules of Lifting for Abs*. Instead, Schuler and Alwyn Cosgrove base their workout around planks and side planks...This isn’t a revolutionary concept among fitness professionals. But you’d never know it by watching what people in health clubs do.” —Yahoo Sports

“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*

#### **About the Author**

Lou Schuler is a National Magazine Award–winning journalist, a certified strength and conditioning specialist, and the author of several popular fitness titles. He lives in Allentown, Pennsylvania, with his wife and children.

Alwyn Cosgrove is co-owner, with his wife, Rachael, of Results Fitness in Newhall, California.

### **Users Review**

#### **From reader reviews:**

##### **Robert Zamora:**

Have you spare time for a day? What do you do when you have a lot more or little spare time? Yes, you can choose the suitable activity to get spend your time. Any person spent their very own spare time to take a wander, shopping, or went to the Mall. How about open or maybe read a book eligible 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? Maybe it is for being best activity for you. You recognize beside you can spend your time using your favorite's book, you can wiser than before. Do you agree with the opinion or you have different opinion?

##### **Judith Lea:**

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**Joel Peterson:**

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