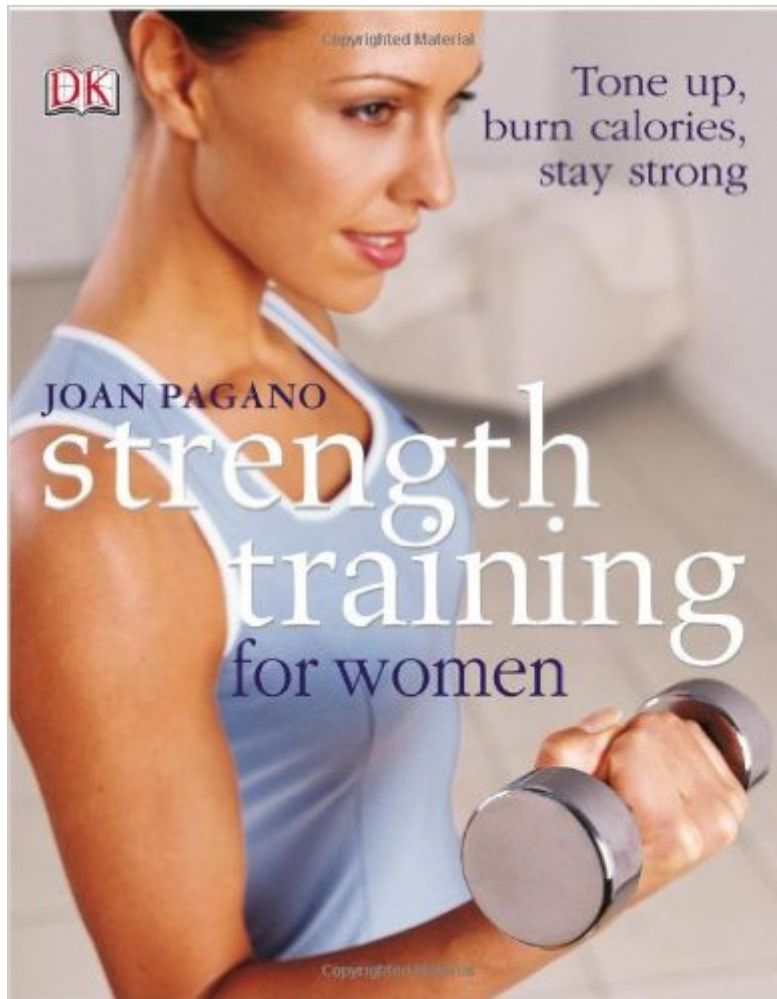


The book was found

# Strength Training For Women: Tone Up, Burn Calories, Stay Strong



## Synopsis

With heart disease and diabetes topping the list of health hazards for women, strength training effectively reduces the risks by burning calories and bringing down body weight. Featuring two programs for all ages and levels of ability, *Strength Training for Women* offers a sensible, workable plan that every woman can follow for life, whether at home or in the gym.

## Book Information

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Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (84 customer reviews)

Best Sellers Rank: #82,147 in Books (See Top 100 in Books) #10 in [Books > Parenting & Relationships > Family Health](#) #139 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Weight Training](#) #318 in [Books > Health, Fitness & Dieting > Women's Health > General](#)

## Customer Reviews

Joan Pagano's first love is yoga, and it shows in the type of exercises in this book. She also appears to have a cross-disciplinary interest in physical therapy; I recognize several exercises (all excellent) which I learned from physical therapists in recovering from injuries. I give Ms. Pagano an A+ for both clarity and variety. The book has clear descriptions of exercises, and excellent photos with a white dotted line showing the muscles each exercise is supposed to work. I was able to understand how to properly perform several stretches which had been unclear in other books. The variety is excellent, including many exercises for rubber resistance bands and for those big, fun, colorful stability balls. I was pleasantly surprised to find several pages on exercises for improving posture. Where the book really shines is in providing a safe, approachable beginning for women who are either very out of shape or recovering from illness. For example, she de-scareifies the push-up, that ultimate symbol of military-grade fitness, by showing four less physically demanding variations in order of gradually increasing difficulty. But I do have one major caveat: If you're hoping for a serious weight training book--which will help you build muscle--this is not the one. Ms. Pagano seems to seriously underestimate women's strength. Doesn't she know we lift grocery bags, babies

and suitcases in airports? The section on push-ups, for example, fails to include the standard 'man's' push-up. I would think that working through the other four would be with a goal of getting there, to the most difficult one.

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