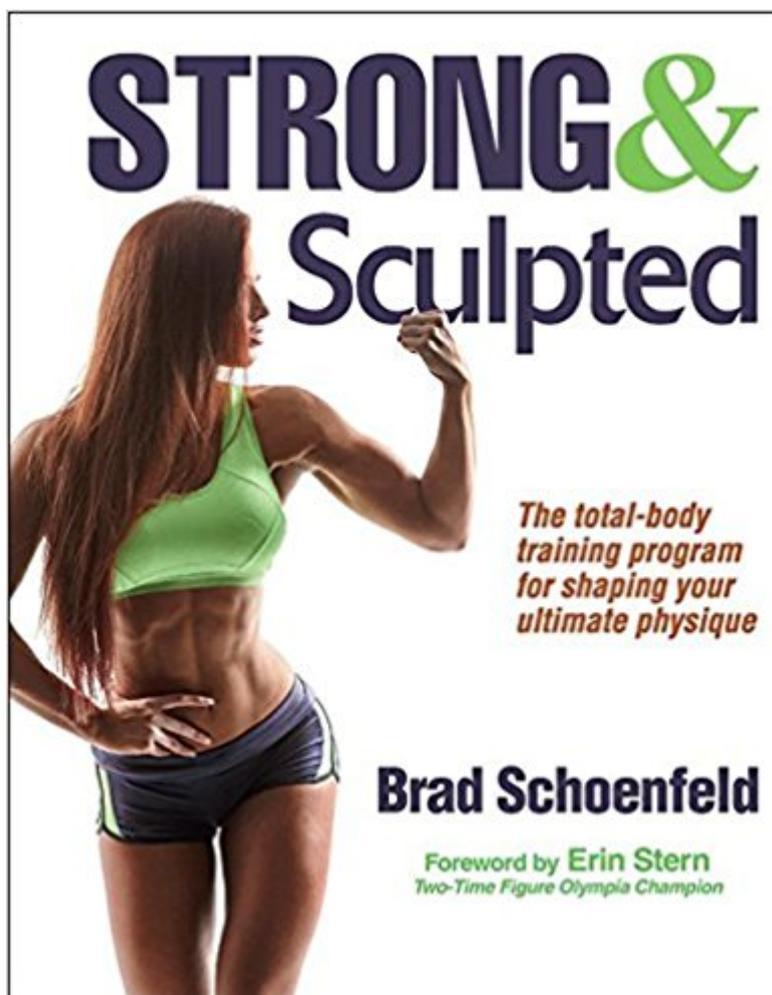


The book was found

Strong & Sculpted



Synopsis

Brad Schoenfeld has helped hundreds of thousands of readers increase strength, lose fat, and sculpt the physiques of their dreams. Now, he's created a new program for a new generation. Strong & Sculpted is a science-based program that is simple and effective. It takes into account your needs and goals and then provides you with the knowledge and blueprint for achieving those goals. Strong & Sculpted will help you deliver results and maintain them. The four-phase program takes you from where you are to where you want to be, then keeps you there. You'll start by building an essential foundation for muscle development, then progress to more targeted sculpting and shaping. As you evolve, so will your plan. You'll find variations, new exercises, and workouts as you progress through the advanced and peak physique phases. To ensure you get the most out of your workout, Strong & Sculpted relies on 117 exercises proven most effective for shaping and defining the lower body, shoulders, arms, and torso. In addition to step-by-step exercise instruction and full-color photos depicting proper technique, you'll find advice on reps, pacing, and optimal performance of each movement and full-color photos highlighting proper technique. You'll also learn to incorporate cardiorespiratory training and the mind-to-muscle and visualization techniques proven to enhance your results. Whether it's defined arms, chiseled abdominals, shapely upper body, curvaceous butt and legs, or all of these, Strong & Sculpted is your step-by-step guide to the body you've always dreamed of. v

Book Information

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Customer Reviews

Strong and Sculpted is one of the best science-based workout programs for women that has ever been published in book form for the general public. That's what this book is primarily – a series of day-by-day, month-by-month workout programs, along with extensive exercise instruction. The first chapter covers the background and origin of the program, the difference between so called "functional training" and body sculpting, what kind of results you can expect, as well as a debunking of myths such as "longer and leaner", "spot reduction", and "you'll get bulky from lifting." Chapter 2 covers basics of the program design, including what is periodization, how many sets and exercises, how often to work out, how much weight to lift (loading), exercise selection, intensity, and how long to rest between sets. The majority of the book, starting with chapter 2 is exercise instruction. Starting on page 21 through page 150, you'll see over 100 exercises, depicted in photographs, along with written descriptions and drawings of muscle anatomy. Chapter 6, starting on page 151, covers proper warm up, stretching and why muscles get sore, and what to do about it. Chapter 7 is where the workouts start, and they cover all experience levels, which is what makes this book's appeal so broad-reaching. There is a break-in phase workout for beginners that will work for you even if you've never lifted a weight in your life. Moving into chapter 8, you get the basic training workout and it covers what exercises, the right frequency (how many workouts a week), how many sets, how many reps, and how hard to train (intensity). You also learn about the mind to muscle connection.

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