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New Rules of Lifting : Six Basic Moves for Maximum Muscle, Paperback by Schuler, Lou; Cosgrove, Alwyn, ISBN 158333338X, ISBN-13 9781583333389, Brand New, Free shipping in the US Outlines a scientifically based weight-lifting method that focuses on the body's natural abilities, sharing three programs for fat loss, muscle gain, and strength improvement that can be customized at home or at the gym for improved health.

## **The New Rules of Lifting : Six Basic Moves for Maximum**

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"The New Rules of Lifting" is one of the first books on the subject that didn't make me want to smack the authors over the head with a rusty dumbbell. This book is painfully honest,

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refreshingly funny, and superbly informative.? ? T.C. Luoma, Editor-in-Chief, T-Nation.com--This text refers to an out of print or unavailable edition of this title.

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