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The New Rules Of Lifting: Six Basic Moves For Maximum Muscle



Synopsis

Want to get more out of your workout and spend less time in the gym? Many guys devote so many hours to lifting weight yet end up with so little to show for it. In many cases the problem is simple: they aren't doing exercises based on the movements their bodies were designed to do. Six basic movements - the squat, deadlift, lunge, push, pull and twist - use all of the body's major muscles. And, more important, they use those muscles in co-ordinated action, the way they were designed to work. The New Rules of Lifting, now in paperback and with more than one hundred photographs, gives you more than a year's worth of workouts based on these six basic movements. Whether you're a beginner, an experienced lifter looking for new challenges, or anything in between, you can mix and match the workouts to help you get bigger, stronger and leaner. In addition, the comprehensive nutritional information provided makes The New Rules of Lifting a complete guide to reaching all your goals. If you aren't using The New Rules of Lifting, you aren't getting the best possible results.

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Customer Reviews

I'm a fifty year-old guy who's long been more into cardio workouts than weights. Sure, I might do a half-hearted circuit on machines after jumping off a treadmill, but like many folks, I thought cardio workouts were tantamount to "real" exercise. Then I happened upon this book. It struck a chord with me, and I decided that free-weight training was in my future. One day, I bravely picked up an empty Olympic bar and embarked on the first exercise of Schuler and Cosgrove's "Break-in" program: the squat. "Fifteen reps with 45 pounds," I told myself, "I can do this." However, I stopped at twelve

reps. I stopped at twelve reps because I really wanted to avoid forever being tagged as the guy who collapsed in the power cage with forty-five measly pounds atop his shoulders. I forgot all about the prescribed one-minute resting period between sets, and simply waited for my legs to quit shaking. This took significantly longer than one minute. A profound realization overtook me: I was a wimp--a six-four, two hundred and forty pound wimp. At that moment, I decided that I'd spent decades of my life ignorant of what constituted "real" exercise. The upper-body exercises went better. The real challenge, at that point, was walking from station to station. If the gym had offered me a wheelchair to move between exercises, I would have humbly taken them up on it. The next morning, I felt sore, although I told myself that it wasn't so bad. Then came the second morning. I got out of bed, and for a moment, I considered asking my wife to call 9-1-1. My upper legs felt as if someone had taken a meat tenderizer to them. For about the next week, my lower body reminded me that I might have bitten off more than I could chew.

My background: I started using this book shortly after turning 29. At 5'10, I dropped from 215 pounds to 170 pounds through smarter eating and exercise 2-3 times per week (P90x, treadmill, light lifting). After getting as small as I wanted, I decided to start getting bigger. That meant lifting. As a high school athlete, I lifted often and got very strong. Since then I have been off and on in the weight room with far, far more days off than on. Over a decade of obesity and ineptitude in the gym made me feel like a far cry from my high school days. Fortunately, this book provided me with exactly what I needed: a concrete weight lifting regimen that kept me interested and motivated. My results: In roughly 6 months I...- Gained 20-25 lbs of mostly muscle- Gained >1.5 inches in my arms- Gained 60-70 lbs in bench press- Gained ~125 lbs in squat- Gained ability to eat vastly more food, including those of dubious distinction (i.e. Deep-dish pizza), without putting on fat- Gained first-hand knowledge of amazing lifts I never would have tried otherwise- Maintained flexibility- Maintained waist size- Maintained social life (a max of ~8 hrs/wk in my initial over-zealousness, 2 or 3 60-90 minute workouts per week is enough for the book)- Decreased level of self-consciousness at the gym- Decreased reliance on cardio to maintain weight (rarely ran a whole mile, never more than 2)- Decreased number of annoying fat folds under my butt cheeks from 2 to 0.

First of all, I'm a woman, and this book is clearly not geared towards women. I've been lifting for 15 years, on and off. I take it very seriously and I really enjoy the sport. I was previously using "The Body Sculpting Bible for Women" by James Villepigue and Hugo Rivera. It's a very good book for beginner/intermediate lifters. It's concisely written, the authors take fitness seriously and explain the

proper form and execution of all the exercises they introduce in the book. The workouts offer a fantastic starting point for lifters, but after 3 months, you're going to have to start developing your own to keep making progress. (A side note: "The Body Sculpting Bible for Women" is almost word for word identical to "The Body Sculpting Bible for Men." The same is true for the "Abs" books written by these authors, which makes me think that the books are ultimately more about making money than promoting the science of lifting. If you were left confused by the explanations or lack thereof in New Rules, try the Body Sculpting Bible. The New Rules of Lifting is based on some very cutting edge research in muscle cell recovery. Turns out, you make the most gains for the time you invest if you work to exhaustion and give your muscle cells several days to recover! I was hugely sceptical of this idea as essentially a life long lifter. I was born and raised on the 3 lifting days with cardio days in between for a total of six days a week with one day off. No more. Two intense lifting days a week, well separated with each other. I do aerobic fitness training between lifting days using an ironman heartrate monitor, specifically to widen my range of aerobic fat-burning capacity.

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