

The book was found

# The Women's Health Big Book Of Exercises: Four Weeks To A Leaner, Sexier, Healthier You!



## Synopsis

Revised edition includes 100 new exercises! The Women's Health Big Book of Exercises is the essential workout guide for anyone who wants a better body. As the most comprehensive collection of exercises ever written specifically for women, this book is a body-shaping power tool for both beginners and longtime fitness buffs alike. This book contains hundreds of useful tips, the latest findings in exercise science, and cutting-edge workouts from the world's top trainers. Backed by the authority of Women's Health magazine, this updated and revised edition features 100 new exercises in 20 workouts designed by BJ Gaddour, the Fitness Director of Men's Health magazine, and 1,350 photographs, showing movements for every muscle and training plan to match every fitness goal.

## Book Information

Paperback: 560 pages

Publisher: Rodale Books; Rev Upd edition (October 25, 2016)

Language: English

ISBN-10: 162336843X

ISBN-13: 978-1623368432

Product Dimensions: 8 x 1.1 x 0.3 inches

Shipping Weight: 3 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 425 customer reviews

Best Sellers Rank: #15,956 in Books (See Top 100 in Books) #26 in Books > Health, Fitness & Dieting > Exercise & Fitness > Weight Training #53 in Books > Health, Fitness & Dieting > Women's Health > General #341 in Books > Sports & Outdoors

## Customer Reviews

Adam Campbell is the fitness director for Women's Health and a National Magazine Award-winning writer. He holds a master's degree in exercise physiology and is a NSCA-certified strength and conditioning coach. Campbell has appeared on Good Morning America, The Early Show, and VH-1.

I liked this book. Saw it in a store first and bought off to save a few bucks. I am a 69 year old male. I bought the women's book on purpose because at my age I am just not hammering away at the weights like I once did. Want things aimed more at flexibility and variety and general conditioning and this fit the bill. I was very pleased to see lots of stuff for upper body and core. One might fear a woman's book had too much stuff on firming the thighs and behind but there are only two chapters

on lower body stuff. I got what I wanted.

This book changed the way I exercise!!!. Before reading this I didn't wanted to do weights at the gym because I thought they where only for men who wanted to get big muscles, so I was afraid of lifting weights and getting big and masculine. This book convinced me otherwise, I have been using it for over a year now and my body has changed dramatically! I was fit before starting it, but now I am fit and my muscles are defined (sexy defined, not masculine defined) and I think I could never go back to not lifting weights again! I also love this book because it gives a lot of great routines to follow, each is about 3 months long, so you never get bored!!! You can finish one and choose a different one and so on. The routines also have specific goals, they go from "get your body back" to "lose the last 10 pounds", etc, etc. I love this book. I recommend it to everyone! fit people, not fit people, old and young. I had even recommended it so much that many of my friends bought it and are loving it as well.

Fellow workout junkies, or those wanting to START...this book is FANTASTIC! It's like a BIBLE of exercise for women. Photos, step by step instructions, workout plans, nutrition info. I can't say enough about it. I am in a rut and need a workout "plan". This has so many exercises that I've never even done! It's given me a renewed excitement as I begin the planned bikini workout. There are exercises using body weight, bands, balls, free weights, gym equipment. Literally anyone can utilize it. Aside from the multitude of planned workouts it's literally so full of invaluable info. I love everything about it. Would highly recommend

First of all I would like to say that I love this book. I would call myself intermediate level in terms of training. Not quite a novice but clearly not advanced. About 2 1/2 years ago I put on about 15-20 lbs. I have finally decided to CONSISTENTLY do something about it. I love that the book sets forth realistic workout plans that you CAN complete! I just completed the 6 week bikini ready workout and have lost almost 10 lbs while hardly doing any cardio. However, I have been eating quite clean lately. I put the workout on my notes app on my Iphone and study the descriptions the night before I work out. I do workout at the gym where all the equipment is easily accessible but most of the workouts can be done at home with a little creativity. When I reached phase II of the workout, the workouts were about 50 mins to an hour long. There is a lot of variety within the workout itself. The bikini ready workout only required 3 days a week. For example you do Workout A on Mondays and Fridays and Workout B on Wednesdays and alternate them the following week, so you would do

Workout B on Mondays and Fridays and Workout A on Wednesdays. The workout plan was 6 weeks and even by the end of the 6th week it was still a challenge! Right now I am resetting my body by doing cardio for the next week or two but I miss lifting weights. There is just such a sense of empowerment and accomplishment when you can successfully complete 3 circuits with anywhere from 4-6 exercises 3 times with about 1-2 minutes of rest between each circuit. I am not sure which workout I will do next, thinking about the spartacus workout...we will see, I may do phase II of the bikini ready work out again!!

I purchased this book awhile ago. I love the way it has different versions of the same exercise that progressively gets more difficult as you progress. A colorful liquid was spilled on my book. Even though it was still useable, I love this book so much that I brought a new one to replace the stained one. This book contains all the information you will need to successfully lose weight. It gives ideas for those that cannot afford a gym, or does not always have time to get to the gym. I have not met my goal yet, but I have the tools in this book to keep on trying. Wish me success, as I do you.

If you are looking for a book of exercises and do not rely on technology/apps, I highly recommend this book! I've owned this for almost ten years. I recently purchased this for a family member. It covers the different exercises based upon main muscle groups. It also shows examples based upon different equipment people may own, not relying on one specifically. It is also from Women's Health, so highly recommend!

This truly is a great book. Worth every penny! I would consider my self at the intermediate level with my workouts. I work out regularly 5-6 days a week. Recently, I have just been doing a mish mash of routines with no real method. The 4 week plan lets YOU dictate your workout with guidelines... Putting together your own workout is actually fun and motivating! It gives practical and realistic nutrition advice and the program leaves room for your other fun workouts in between the days outlined in the plan. I can't say enough good things about this book. The quality, the illustration and different levels of difficulty and/or modifications of each exercise is awesome! Lots of different workouts put together for you or just simple instruction on proper execution if you need it. LOVE THIS BOOK!!

Clear instructions, nice balance of information and pics, LOVE the ability to design your own warm ups and circuits as well as utilize the pre-laid out workouts. They have a both equipment based and

body weight centric options so you can really make it your own, with or without gym access!

[Download to continue reading...](#)

The Women's Health Big Book of Exercises: Four Weeks to a Leaner, Sexier, Healthier You! The Women's Health Big Book of 15-Minute Workouts: A Leaner, Sexier, Healthier You--In 15 Minutes a Day! The Men's Health Big Book of Exercises: Four Weeks to a Leaner, Stronger, More Muscular You! The Women's Health Diet: 27 Days to Sculpted Abs, Hotter Curves & a Sexier, Healthier You! Mastering the Life Plan: The Essential Steps to Achieving Great Health and a Leaner, Stronger, and Sexier Body Memory Exercises: Memory Exercises Unleashed: Top 12 Memory Exercises To Remember Work And Life In 24 Hours With The Definitive Memory Exercises Guide! (memory exercises, memory, brain training) Coconut Oil & YOU: 10+ Recipes For A Beautiful, Healthier, Leaner, More Energized YOU! Weight Loss, Youthful Skin, Beautiful Hair, Anti-Aging, Increase ... Psoriasis, Increase Energy & Brain Power) The Multi-Orgasmic Diet: Embrace Your Sexual Energy and Awaken Your Senses for a Healthier, Happier, Sexier You Revitalize Your Hormones: Dr. Dale's 7 Steps to a Happier, Healthier, and Sexier You The Life Plan Diet: How Losing Belly Fat is the Key to Gaining a Stronger, Sexier, Healthier Body The Women's Health Big Book of Abs: Sculpt a Lean, Sexy Stomach and Your Hottest Body Ever--in Four Weeks The Men's Health Big Book: Getting Abs: Get a Flat, Ripped Stomach and Your Strongest Body Ever--in Four Weeks Men's Health Your Body Is Your Barbell: No Gym. Just Gravity. Build a Leaner, Stronger, More Muscular You in 28 Days! 8 Weeks to Women's Wellness: The Detoxification Plan for Breast Cancer, Endometriosis, Infertility and Other Women's Health Conditions Quit Smoking Now and Forever: Methods to Quit Smoking And Live A Healthier Life (Quit Smoking,Stop Smoking Forever,Stop Smoking Addiction,Quit Smoking ... Methods to Quit Smoking, Healthier Life) HOW TO BE SEXIER: Do You Want to Know How to Be Sexy? How to be Hot? How to Have Better Sex? And How to Get a Man? Fast, Simple Ways to be the Hottest Woman Anywhere. The Year One Challenge for Women: Thinner, Leaner, and Stronger Than Ever in 12 Months Health Communication: From Theory to Practice (J-B Public Health/Health Services Text) - Key words: health communication, public health, health behavior, behavior change communications Sugar Detox: Three Weeks to a Healthier, Happier, More Balanced Life Lower Your Blood Pressure in Eight Weeks: A Revolutionary Program for a Longer, Healthier Life

[Contact Us](#)

[DMCA](#)

Privacy

FAQ & Help