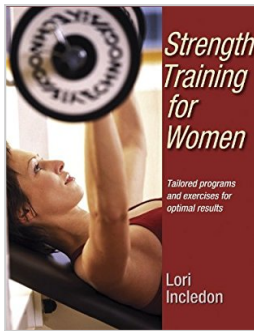


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Strength Training for Women

By Lori Gross

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Strength Training for Women By Lori Gross

Ready for an individualized approach to working out that produces better results? *Strength Training for Women* delivers with information tailored to the way your body works and responds to training, and the specific tools you need to reach your goals.

More than simple descriptions of exercises and training programs, this book explains why the exercises are important and which training program is right for you. You'll gain insight into how the female body responds to training and come away with six sample programs and more than 102 exercises to train every area of the female form. In addition to helping you gain strength, the programs provided will help you burn fat, build strong bones, and prepare for competition.

Maximize your genetic makeup and unique physiology to build muscle that will add strength, boost metabolism, improve bone density, and give you the lean, muscular look you want without the big, bulky look you don't. Start using *Strength Training for Women* now to break through frustrating plateaus and cater to the special needs of your body.

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Lori Incledon serves as vice president of Human Performance Specialists, Inc. For more than 10 years she has been involved in personal training, sport-specific conditioning, physical therapy, athletic training, and injury prevention. She specializes in women's personal training, placing an emphasis on strength training.

Previously, Incledon was the head strength and conditioning specialist at Cypress Bay High School and St. Thomas Aquinas High School in Fort Lauderdale, Florida. She initiated the sports and conditioning program for the then-new Cypress Bay, and during her time at St. Thomas she assisted in sending a majority of their sports teams to state competitions.

Incledon has an AA in liberal arts, a BS in public relations, and an AS as a physical therapist assistant. She holds a National Athletic Trainers' Association certification in athletic training and is a certified strength and conditioning specialist and a certified personal trainer through the National Strength and Conditioning Association. Additionally, she is licensed in the states of Florida and Arizona as a physical therapist assistant and as an athletic trainer.

She is an active lecturer and rehabilitation consultant to high school, collegiate, and professional sports teams. Her freelance articles can be seen in *Muscle & Fitness*, *Muscle & Fitness Hers*, and numerous Internet sites.

Incledon lives in Chandler, Arizona.

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