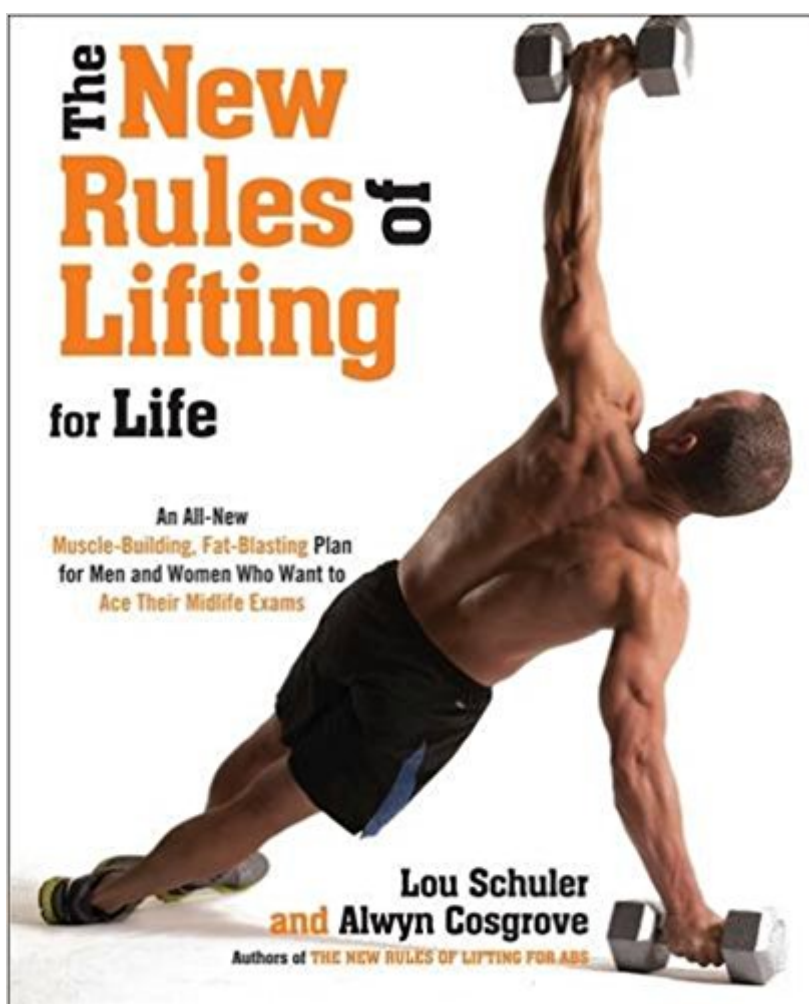


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# The New Rules Of Lifting For Life: An All-New Muscle-Building, Fat-Blasting Plan For Men And Women Who Want To Ace Their Midlife Exams





## Synopsis

A customizable-and realistic-fitness program specifically created for midlifers who want to lose weight, revitalize energy, and build habits for increased longevity. Today's exercising adults are caught in a bind: Those who take it seriously and work out aggressively end up with chronic aches and pains in midlife because they don't know how to adjust their programs as they get older. And those who take it easy end up with overfed, underdeveloped bodies that don't respond well when they decide to get serious about exercise. Lou Schuler and Alwyn Cosgrove, fitness experts and authors of The New Rules of Lifting series know all too well that these readers need a program of their own. That's because they are these readers. Schuler started working out in his early teens. After forty years, he realized he couldn't do the programs in his own books without lots of modifications. And Cosgrove, a former European champion in tae kwon do, is a two- time survivor of stage IV cancer who found himself with limited endurance and a body that stubbornly refused to add muscle or shed fat. So the authors set out to create a new template for exercise, one that delivers serious results but is also flexible enough to accommodate individual limitations. The New Rules of Lifting for Life offers a six-month plan that balances total-body strength, endurance, mobility, balance, coordination, and athleticism. The workouts are challenging and, in conjunction with the suggested diet modifications, will help readers change the way their bodies look, feel, and perform. And not just temporarily- The New Rules of Lifting for Life allows you to enjoy productive and pain-free workouts for many years to come.

## Book Information

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## Customer Reviews

Praise for *The New Rules of Abs*: "There isn't a single crunch or sit-up in *The New Rules of Lifting for Abs*. Instead, Schuler and Alwyn Cosgrove base their workout around planks and side planks. This isn't a revolutionary concept among fitness professionals. But you'd never know it by watching what people in health clubs do. •Yahoo Sports "All the crunches in the world won't give you the six-pack you want. These exercises will. •Men's Health "Cosgrove and Schuler's groundbreaking program is based on the concept that a healthy, sculpted body is the result of your muscles working the way they were intended. •Women's Health --This text refers to the Paperback edition.

[www.louschuler.com](http://www.louschuler.com) Lou Schuler is a National Magazine Award-winning journalist, a certified strength and conditioning specialist, and the author or coauthor of several popular books about diet and strength training, including our own *The New Rules of Lifting*, *The New Rules of Lifting for Women*, and *The New Rules of Lifting for Abs* as well as *The Testosterone Advantage Plan*, *Home Workout Bible*, and *The Book of Muscle*. He has worked as fitness editor at *Men's Fitness* and fitness director at *Men's Health* and contributed to a long list of magazines including *Men's Journal*, *Fit Pregnancy*, and *Better Homes & Gardens*. He lives in Allentown, Pennsylvania, with his wife and their three children. Alwyn Cosgrove, is co-owner, with his wife, Rachel, of Results Fitness in Newhall, California. He is a professional member of the National Academy of Sports Medicine and the American College of Sports Medicine, among other organizations, and is a frequent contributor to a variety of magazines, including *Men's Health* and *Men's Fitness*.

Long time CrossFitter.. I came to the conclusion that CrossFit is more a kin to exercise than it is to training with it's random workout programming. I wanted a more structured format that I could do in my home gym, that retained the CF combination of strength, power and endurance in each workout.*New Rules of Lifting* is it. It focuses on functional strength and power. Each workout closes with a metabolic session. There are numerous moves to choose from and if you are fluent in exercise moves, you can easily substitute.Well written. Easy to navigate for reference. It's a great blend of CrossFit and traditional strength training..No fluff.

*New Rules of Lifting for Life* by Lou Schuler and Alwyn Cosgrove  
Review by Dan Sabin

ISSA-CFTLou Schuler is entertaining and very knowledgeable. Alwyn Cosgrove is a genius.

Together, they are a perfect team only exceeded by the combination of Alwyn and Rachel Cosgrove and their work at Results Fitness. That said, I am 22 years old. The New Rules of Lifting for Life was not written for me and, while I know what Lou says is true about getting older, a small voice in my head kept saying "That won't happen to you." As a trainer myself, I learned a lot of useful information that will help me understand my middle aged clients better. Alwyn's programs and methods are the best, and that is why I base a lot of my training system on his work. If you don't like reading fitness books because you find them dull, then you'll love this book. Lou is a great writer and one of the few who do a good job of entertaining you while teaching you something. If your current program isn't getting you the results you want, then give Alwyn's programs a try. He is one of the best in the country. Prepare to push yourself though, they don't promise magic results with little work. They promise real results with hard work and persistence.

I have been working out since I was 17 and am a researcher by nature. After I went through Menopause (I'm David's wife :) everything I thought I knew kind of didn't work so well anymore. Then I met a woman on a cruise that (she looked fabulous at 41) told me about this book and I came home and borrowed it from my local library. My results came fairly quickly which boosted my confidence. I bought the book to ensure I would continue to do it correctly. I have been doing this work out for a little over 2 months and love how much stronger I feel and look. My diet has been very good for 10 years (low carb) so now with this book I feel like I have the other piece of the puzzle.

It's findable online, but definitely download the available sheets that let you fill in the workouts (so you aren't constantly reprinting the warm ups, etc.) This way your work time is spent on working OUT and not on getting your workout into a format to take to the gym. But I've seen huge gains in the 6 weeks and am really pleased to continue. I expect to want new and different challenges, but this beginner has seen a huge change in a short time, which is really motivating.

I have maintained a vigorous exercise regime for years and am a former tri-athlete; however, started incurring a string of exercise related injuries around my mid 40s including shoulder surgery. The program in New Rules of Lifting for Life is very challenging yet provides a variety of suggested exercises and other tips that keep the workouts interesting and injury free. The exercises emphasize balance and core-strength versus maximizing your bench press or squat and the routine changes almost constantly which stimulates the body's response. Best of all,

pictures my wife took of me boating around the time I started the routine and again three months later clearly show slimming and improved muscle tone. I recently purchased the book as a gift for my sister, a recent cancer survivor, and for my brother who is now in his early 40s. I recommend the book for anyone over 40 years old who wants a vigorous work out.

I have been lifting weights for several decades and have been experiencing an increased incidence of injuries for the past couple of years. The routines described in this book have been very effective in getting me back on track. My muscle tone is returning to where it was before I was sidelined with chronic shoulder/back/leg injuries.

I picked up the latest "supercharge" version of the NROL for Life at the public library by chance and began reading and following the workout schedule and really liked it. I was going to buy that one, but other reviewers said this is just as good but at 1/2 the price, I gave it a try. I like it as much if not better than the newer one, so I'm glad I bought this version. At 53, this has excellent routines and exercises that are just right to give me practical workouts that are beneficial and realistic. I also enjoy the exercise routine I'm doing now so it helps me to keep on it.

I am using this with the help of my son, who is a personal trainer. He helps me plan the workouts and I have a reference on how to do the exercises. I would not easily be able to make my own workouts, but it's a great book for anyone who works with a personal trainer. Helps be able to do good workouts at home.

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