



Women of Iron: Empowerment Through Strength Training! (Paperback)

By Ron Kness

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Unfortunately, some women may consider muscle building or strength training to be an activity exclusively meant for men, however nothing can be further from the truth. It s a sad fact that the National Center for Health Statistics reports only 21 of ladies hit the iron section of the gym and strength train two or more times a week. Women who perform weight training enjoy better health and often improve the look of their body. One of its best benefits is the more lean muscle mass your body has, the more fat it burns naturally, even when the body is at rest because it is muscle that burns fat! Moreover, weight training improves aging, and allows you to remain strong and both mentally and physically competent as the consequences of time come knocking. Besides, ladies, nothing looks more cool or hot than slapping on the weight gloves and pumping iron, it makes you feel strong, capable, and empowered! To the point that you feel you can do anything! It is important to note that weight training comes in many levels,...



READ ONLINE
[6.19 MB]

Reviews

This book could be worthy of a read through, and a lot better than other. It can be full of knowledge and wisdom I am just happy to tell you that here is the best book we have read through inside my personal lifestyle and could be the finest pdf for ever.

-- Miss Concepcion Gusikowski DDS

The best ebook i possibly read. I have go through and i also am sure that i am going to planning to read once again again later on. Its been printed in an extremely simple way which is simply after i finished reading through this ebook by which basically changed me, alter the way i really believe.

-- Telly Hessel