

# **Strong: Nine Next-Level Workout Programs For Women**

**By Lou Schuler**

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[http://www.digplanet.com/wiki/Lou\\_Schuler](http://www.digplanet.com/wiki/Lou_Schuler)

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[http://www.diet-blog.com/08/the\\_new\\_rules\\_of\\_lifting\\_for\\_women.php](http://www.diet-blog.com/08/the_new_rules_of_lifting_for_women.php)

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The Lean Muscle Diet. In The New Rules of Lifting for Women, authors Lou Schuler, Women can have great success with the diet and workout program. Lou Schuler,

<http://www.louschuler.com/books/the-lean-muscle-diet/>

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New Rules of Lifting: Six Basic Moves for fitness guru Lou Schuler and strength-training expert Alwyn Cosgrove boil down to take it to the next level and

<http://www.amazon.es/New-Rules-Lifting-Maximum-Muscle/dp/1583332383>

Strong, Fast, and Ripped: The Training Plan. If you want to take your body and your performance to the next level, By Lou Schuler February 24,

[http://www.menshealth.com/fitness/strong-fast-ripped?cid=socFit\\_20140804\\_29067266](http://www.menshealth.com/fitness/strong-fast-ripped?cid=socFit_20140804_29067266)

By Cassandra E. Forsythe, Lou Schuler, Alwyn Cosgrove. Paperback (USA), January 2009 The Rules Books | Weight Lifting Women Books

<http://www.fishpond.com.au/c/Books/a/Alwyn%2C+Cosgrove>