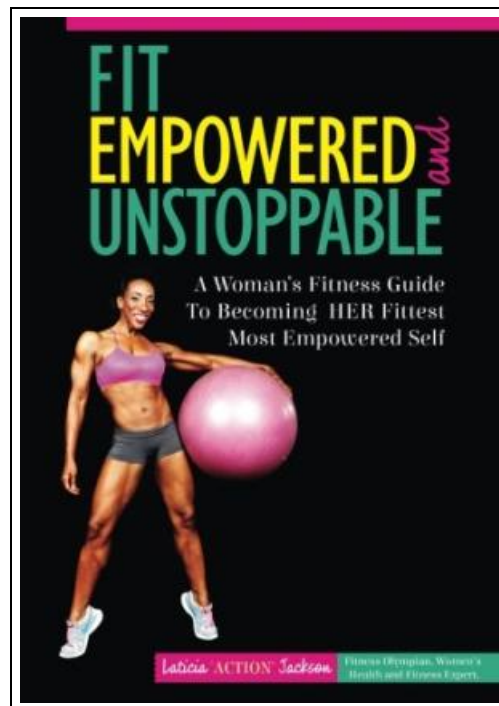


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FIT, EMPOWERED AND UNSTOPPABLE: A WOMAN S FITNESS GUIDE TO BECOMING HER FITTEST MOST EMPOWERED SELF (PAPERBACK)



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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Why Fit Empowered and Unstoppable? For years it was believed women shouldn t lift weights and if they did, they d look manly! This is far from the truth and that school of thought is so yesterday! Therefore if you desire to create the fittest version of YOURSELF, want to learn how to use weight training to tone your entire body, desire to feel more energetic and fit all while becoming empowered and powerful within your own skin, this book is just for you! On the following pages, Fitness Olympian, 3-Time National Physique Committee Fitness Champion, Women s Health and Fitness Expert and In Weekly s Best Personal Trainer on The Gulf Coast 2016, Laticia Action Jackson dispels the myth that women who lift weights are manly and less feminine. She ll show you, not just tell you how you can use weight lifting or resistance training as a tool to get into the best shape of your life. She will also guide you on the following: How to identify your unique body type and how it responds to exercise How to set realistic fitness goals for your body type How to tone your most stubborn body parts, How to create a personalized resistance training program What to eat before, during and after a workout How to complete your fitness program from start to finish and so much more! Her extensive knowledge and sixteen years of experience in the exercise science, athletic training, and fitness field assures you will learn the proper way to lift weights, decrease your chance of injury, and walk away feeling more fit and empowered than ever before. Don t worry you WON T look manly after lifting...

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