



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,...

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