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Better Body Workouts for Women

Dean Hodgkin, Caroline Pearce

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Are you serious about your workouts but disappointed in the results? Training harder and longer but getting no closer to your goal? If so, then read on—the solutions to your problems are here.

In *Better Body Workouts for Women*, fitness experts and elite athletes Dean Hodgkin and Caroline Pearce provide you with your own personal training toolkit. You'll discover the best methods for assessing your current fitness level, identifying physical strengths and deficiencies, setting and refining training goals and selecting and customizing the programs to make an immediate, lasting impact.

Packed with full-colour photos and detailed descriptions of exercises, this book includes proven programs for increasing strength, endurance, power and agility as well as strategies for accelerating muscle development and recovery, breaking through plateaus, reducing body fat and fueling performance. You'll find expert advice on pregnancy, menstruation, osteoporosis and common injuries.

Complete with a discussion on training diaries for tracking progress and monitoring results, sample menu plans and dietary recommendations and an array of workouts for home and gym, *Better Body Workouts for Women* is the ultimate resource for any woman serious about pushing her body and performance to the next level.

Read it, perform it, live it and see mesmerising results.

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