

A woman with dark hair in a ponytail, wearing a red athletic tank top and black shorts, is shown from the back, lifting a black dumbbell with her right arm. The background is plain white.

**Lift Like a Man,  
Look Like a Goddess**

**A breakthrough fitness  
and diet plan for women**

# **The New Rules to Lifting for Women**

**Lou Schuler**  
**with Cassandra Forsythe, M.S.**  
**Workout programs by Alwyn Cosgrove**

Lou Schuler

The New Rules of Lifting for Women: Lift Like a Man, Look Like a Goddess



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The New Rules of Lifting for Females will change the way women see fitness, diet and their own bodies. Properly conditioned muscles increase rate of metabolism and promote weight reduction -- it's that simple. This publication refutes the misconception that ladies will "bulk up" if they lift heavy weights. Nonsense! It's tough more than enough for males to pack on muscle tissue, and they have a lot more of the hormone necessary to build muscle: natural testosterone. Muscles need to be strengthened to accomplish a lean, healthy appearance. All the latest studies prove that weight training, not aerobics, provides the key to losing weight and creating a fit, solid body. This program demands that females deposit the "Barbie" weights, stage away from the treadmill and commence a strength and conditioning regime for the natural athlete in every woman. In The New Guidelines of Lifting for Females, authors Lou Schuler, Cassandra Forsythe and Alwyn Cosgrove present a thorough strength, conditioning and nutrition plan destined to revolutionize just how women work out.



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