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# The Women's Health Big Book Of Exercises: Four Weeks To A Leaner, Sexier, Healthier YOU!



## Synopsis

The Women's Health Big Book of Exercises is the essential workout guide for anyone who wants a better body. As the most comprehensive collection of exercises ever created, this makeover manual is a body-shaping power tool for both beginners and longtime fitness buffs alike. From start to finish, this 480-page makeover manual bulges with hundreds of useful tips, the latest findings in exercise science, and cutting-edge workouts from the world's top trainers. Inside The Women's Health Big Book of Exercises you'll find 619 exercises all expertly demonstrated with color photographs, with dozens of movements for every muscle in your body, including:

- \* More than 100 core exercises! You'll never run out of ways to sculpt your abs.
- \* 74 biceps, triceps, and forearm exercises: Tone your arms faster than ever before.
- \* 64 chest exercises, to burn more calories and even help give your bosom a lift.
- \* 103 back exercises, to make sure you turn heads in your backless dress.
- \* 40 shoulder exercises, so you can wear a tank top with confidence.
- \* 99 quadriceps and calves exercises, to help you look great in a pair of shorts.
- \* 62 glutes and hamstrings exercises, for the perfect backside.

From cover to cover, you'll quickly see that there's a training plan for every fitness goal—whether you want to shrink your hip, find your abs, or shape your arms. Highlights include:

- \* **The World's Greatest 4-Week Diet and Exercise Plan:** Lose 10 pounds of pure fat in 30 days! This scientifically proven plan, based on research from the University of Connecticut, shows what's truly possible when you combine the right kind of diet with the right kind of exercise. You'll build muscle and lose fat faster than ever.
- \* **The Get-Your-Body-Back (Fast!) Guide:** If you've never even picked up a weight, you'll want to try this plan from Joe Dowdell, C.S.C.S. Joe makes his living training models, athletes, and celebrities, and has worked with such names as Anne Hathaway, Claire Danes, Molly Sims, and Kate Hudson, as well as Victoria's Secret and Sports Illustrated swimsuit models. And the strategies he uses when designing workouts for his high-profile clientele are the same ones he employs to help you quickly burn fat, firm up, and improve your overall fitness.
- \* **The Bikini-Ready Workout:** This fitness plan will help you flatten your stomach and tighten your butt. It's designed by celebrity trainer Valerie Waters, who has perfected the body-shaping workouts you'll find here on dozens of Hollywood stars, including Jennifer Garner, Rachel Nichols, Kate Beckinsale, and Jessica Biel. Add your name to Valerie's client list to tone your total body and feel more confident than ever.
- \* **The Skinny Jeans Workout:** Want to look sexier in a pair of Sevens? Try this routine from Women's Health fitness advisor Rachel Cosgrove, CSCS. In a pilot study at Rachel's gym, clients who tried the plan dropped two jean sizes in just 8 weeks.
- \* **The Wedding Workout:** Look great—just in time for the big day (and your honeymoon!)
- \* **The Hard-Body Workout:** Use this 12-week plan to tone your legs, arms, and abs faster than ever!

The Lose-the-Last-10-Pounds Workout:Your guide to finishing off that last bit of flab for good\* The Total-body Arm-shaping Workout:Blast fat as you shape and firm your arms\* The Best Three-Exercise Workouts: Shrink your hips with just three simple moves\* The Prenatal Workout: Stay fit and healthy during your pregnancy \* The Best Workouts for a Crowded Gym:Sculpt a lean, fit bodyâ ”no waiting! \* The Time-Saving Couples Workout:Burn fat together (it's the secret to better sex!) \* The Best Bodyweight Workouts:Take your workout anywhere with these no-weight routines \* The 10 Best 15-Minute Workouts:Bust stress, blast fat, and build muscle in almost no time Â Every page of The Women's Health Big Book of Exercises is filled with the fitness and nutrition tips and tricks you need to sculpt the body you want. Throughout the book, you'll discover: \* The secret to burning 40 percent more fat.\* The 18 fitness mistakes you should never make\* The best stretch for every muscle\* The fastest cardio workout of all-time (just 4 minutes!)\* The best exercises you've never done\* The 8 healthiest foods you aren't eating\* The 4 perfect fitness foods\* The 25 super snacks that keep you lean\* The 5 biggest nutrition liesâ ”exposed!\* The truth about saturated fat\* The simple way to master the pushup\* The 20 ways lifting weights helps you look great, stay healthy, and live longer

## **Book Information**

Paperback: 464 pages

Publisher: Rodale Books; 1 edition (December 22, 2009)

Language: English

ISBN-10: 1605295493

ISBN-13: 978-1605295497

Product Dimensions: 8 x 0.9 x 8.5 inches

Shipping Weight: 2.6 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 starsÂ Â See all reviewsÂ (390 customer reviews)

Best Sellers Rank: #16,327 in Books (See Top 100 in Books) #62 inÂ Books > Health, Fitness & Dieting > Women's Health > General #208 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness

## **Customer Reviews**

Very comprehensive overview of hundreds of exercises that can be done using gym equipment, home equipment (stability balls, dumbbells, etc.), and/or no equipment. The photos detailing each exercise are in full color and the accompanying explanations are detailed, specific, and easy to follow.The book is broken down into chapters dedicated to body parts: Chest, Back, Shoulders,

Arms, Quadriceps & Calves, Glutes & Hamstrings, Core, as well as chapters for Total Body and Warmup Exercises. There is also a chapter on how to put various exercises together for specific-goal workouts (e.g. "The Get Your Body Back Workout", "The Skinny Jeans Workout", "The Bikini-Ready Workout", "The Best Sports Workout", "The Best Three-Exercise Workouts"). In addition, there are chapters dedicated to Nutrition, Cardio Workouts, the importance of Weights, etc. All in all, this is an extremely comprehensive book that is not at all about gimmicks or shortcuts but is simply well researched and well presented. It will literally replace several books I've bought on this subject in past years. I'm not easily impressed by books on this subject and yet I'm extremely impressed by this compilation. Well done Adam Campbell and contributors!

I purchased this item for kindle and much of it is unreadable because it is in charts that you cannot read and cannot change the size of (I have 20/20 vision) Also I just tried to return it in order to buy the print copy and not be out the 14 dollars but it turns out that you cannot return digital content on . Its only 14 dollars but I am really bummed I can't use the book because I can't see any of the recommended exercises---DO NOT BUY THE KINDLE VERSION OF THIS BOOK especially if it is a kindle program on your phone

I bought this book as I work for group exercise at my campus rec center; I was hoping it would give me some ideas for new moves/exercises for my class routines. It does have lots of exercises... but it'll spend several pages with the same exercise just adding different equipment/positions: i.e., squats with weights, squats w/o weights, squats in wide stance, squats in mid stance, etc... each that cover the span of two pages and it counts each as a new exercise. It's great for beginners to sculpting and includes a ton of overview, but not many safety details or progressions (which is essential for any exercises!!!). Likewise, it assumes you have all kinds of equipment: weights, barbell, step/bench, etc., so half the book is useless if you're trying to do this stuff at home. The workout plans in the back of the book are great, again for beginners, but no one should ever really do some of these things without first having gone to a professional to make sure they're doing it properly... overall, it wasn't a waste of a purchase and it's a well organized book, just underwhelming for the very boastful title!

After years of clipping articles from magazines, I have a binder full of fitness plans that I rarely use. I would try a set of strength training exercises for a while, get bored or discouraged, and then go back to cardio only. My New Year's resolution was to eat healthier, so I bought the Women's Health Diet.

I liked that book so I thought I would give the Big Book of Exercises a try. 6 months later, I am still using the book. It contains solid information about strength training, a variety of exercises, and several plans you can follow. I've been able to complete a 4-week plan, then choose another one to prevent boredom. I've also followed the advice of another reviewer and used the book's guidelines to create my own workouts. As far as equipment is concerned, I started working out with 5 lb, 8 lb, and 10 lb dumbbells and a step. I just added a Swiss ball. While the book does have exercises that use gym equipment, it offers enough variations that you can work out at home. For example, if I am following a plan that calls for barbell deadlifts, I can easily substitute dumbbell deadlifts.

I actually don't have a problem with the Kindle version of the book, since I read it on my laptop. I actually find it convenient to be able to click on an exercise listed in a workout and be able to review how it's done. I suspect that the size of the images and such would make it difficult to read on an actual Kindle, however. That said, I would like to review the content of the book. The book does live up to its title of being a Big Book of Exercises- there are several "Main Moves" for each body part as well as numerous variations for most of them (although I do have to agree with what another reviewer said- some of them are fairly obvious, like substituting dumbbells for a barbell or vice versa). There are also numerous workout plans listed, some of which progress through different difficulty levels. In addition, the book does do a good job of explaining which exercises work which muscle groups and which muscle groups often work together (I've read workout books for instance that imply that you aren't working both your glutes and hamstrings together even though for many exercises that target those groups, that is indeed the case). However, not all of the chapters/plans tell you which exercises are good for beginners as opposed to which ones are too difficult. They do give you a spectrum for the pushups and chinups, and some exercises' variations cite which ones are more difficult. However, this isn't true for every exercise. Plus, for some people who are really out of shape, even the "easy" variations may be too difficult- I have difficulty doing modified pushups with proper form, for instance. In other chapters, I also tried the lat pullover (back) and found it difficult with the 15 lb. weight of an EZ-curl bar, and forget trying to get into position to do a Swiss-ball jackknife (core) if you can't do a pushup. (Perhaps that last one should have been obvious, but I believe that the book could do a better job of informing you which exercises may be too difficult for out-of-shape people and what to do if an exercise is too difficult.) Another problem I have is that many of the exercises for the quadriceps are variations of squats and lunges, but there are no useful alternatives for people who have problems doing these exercises. I don't have knee issues, so I can handle regular squats, but I find lunges and split squats often hurt my back foot.

And what if I did have a knee issue at some point? I guess I won't be able to use many of the workouts in this book, or at the very least I won't be able to work my quadriceps! (Also, again relating to the difficulty issue, single-leg squats and pistol squats are harder than one might initially guess, so good luck working one leg at a time if you can't handle lunges.) Yet another gripe I have (although this is one that may not bother as many people) is that even though the beginning of the book suggests equipment that one should have in order to have a fully-equipped home gym, most of the workout plans don't tell you what equipment they require. There is a body-weight workout as well as a dumbbell workout "for a crowded gym" that many people could probably do at home, but I feel it would be useful for people who want to use other workouts out of this book to be able to readily see which workouts they may be able to do at home if they only have some of the equipment vs. which ones would require things that a lot of people aren't as likely to have. On the whole, it does have many exercises and workout plans and could be a useful tool for people who work out regularly and want some variety in their workouts. However, while beginners can learn some things from this book, the difficulty level of even the "easy" exercises may be beyond their capabilities. In addition, people with certain joint issues will be unable to work some muscle groups by using only this book.

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