



# **Strength Training for Women: Build Stronger Bones, Leaner Muscles and a Firmer Body with Australia's Body Coach**

*Paul Collins*

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The modern lifestyle - whether you're working full-time, raising a family or both - is not always beneficial to health and wellbeing. "Strength Training for Women" is a practical, easy-to-follow volume that presents a variety of strength-training exercises - designed specifically for women - that will not only dramatically improve strength and posture, but also aid in fat burning, and increase energy levels. With strength-training routines for use in the gym, as well as body-weight workouts that can be performed at home, this is a must-have for all women who want to tone up!

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