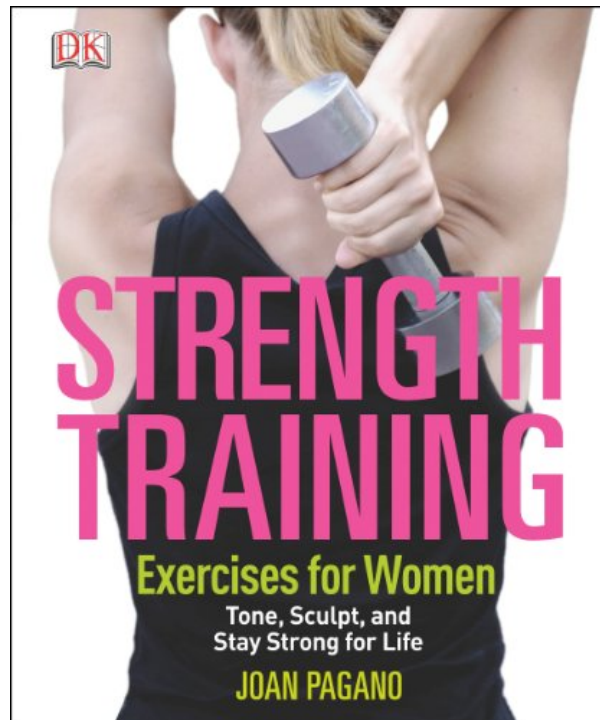
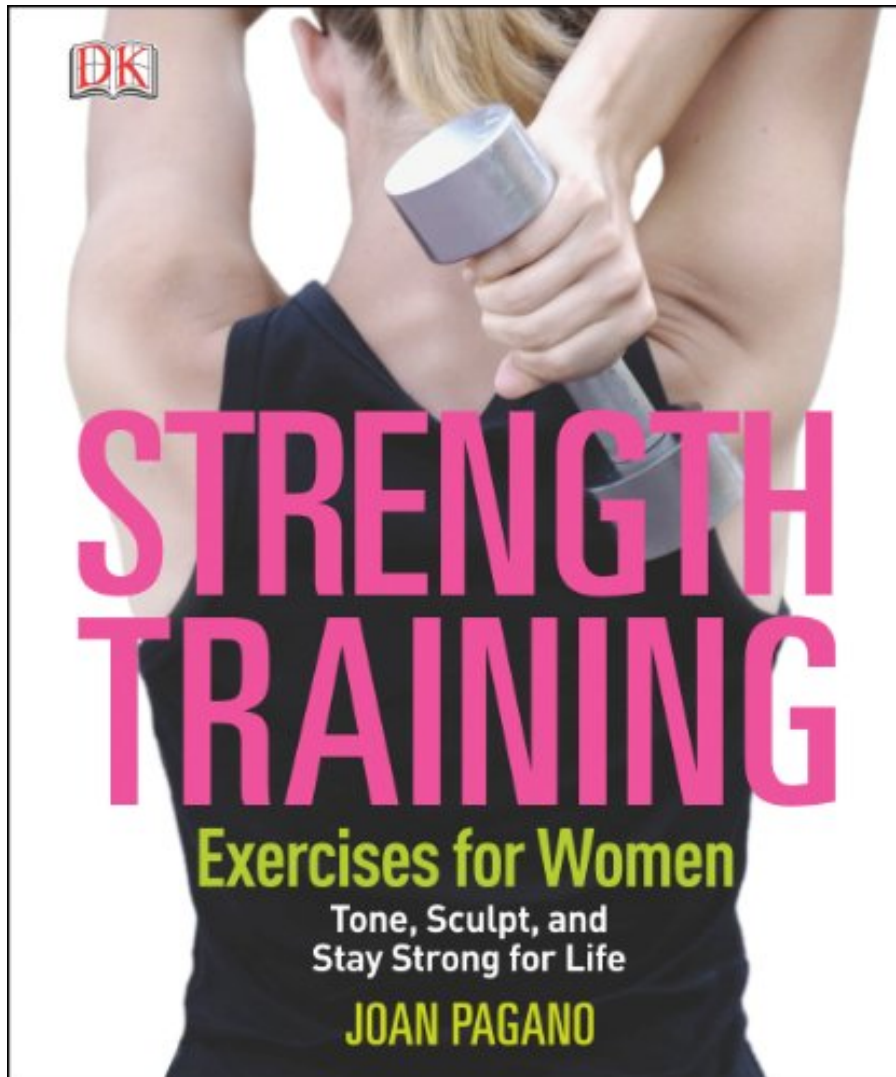


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Joan Pagano is certified by the American College of Sports Medicine (ACSM) in health and fitness instruction. She has worked as a personal trainer in New York for over 20 years and is the author of several DK fitness books, such as Strength Training for Women.

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Packed with more than 200 visual step-by-step exercises designed to burn calories, strengthen the core, and tone the body, Strength Training for Women is a must-have for core-conscious women who want to target key areas of their body and maintain all-round strength and fitness.

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I loved Joan's original Strength Training Book for Women and used it at the gym and at home. But I'm an even bigger fan of this latest edition, which contains more than 200 exercises. It's brilliantly organized to show how to get the most out of an exercise program with different pieces of equipment. For example, building lower body strength can start with a simple wall squat or chair stand. But add a stretch band, free weights or a platform offers greater benefits and challenges. The reader can choose the best approach according to her own fitness level and specific fitness goals. Like a personal trainer standing next to you, Joan's easy-to-understand instructions and quick tips, along with the helpful photographs, helps you perform the exercises correctly. Joan is known for her expertise in helping mid-life women stay fit, but I think this book would be good for women at any age.

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