



Better Body Workouts for Women

Dean Hodgkin , Caroline Pearce

Download now

Read Online 

Better Body Workouts for Women

Dean Hodgkin , Caroline Pearce

Better Body Workouts for Women Dean Hodgkin , Caroline Pearce

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.

Better Body Workouts for Women Details

Date : Published October 14th 2013 by Human Kinetics Publishers (first published January 1st 2013)

ISBN : 9781450432764

Author : Dean Hodgkin , Caroline Pearce

Format : Paperback 248 pages

Genre : Health, Sports, Fitness, Nonfiction, Reference

 [Download Better Body Workouts for Women ...pdf](#)

 [Read Online Better Body Workouts for Women ...pdf](#)

Download and Read Free Online Better Body Workouts for Women Dean Hodgkin , Caroline Pearce

From Reader Review Better Body Workouts for Women for online ebook

Satia says

Surprisingly thorough, including not only the usual suspects (cardio/weights) but balance and agility. Definitely recommended.

For my full review, [click here](#).

May says

Not expecting that most of these exercises involved jumping a great deal or swinging a free weight/medicine ball. I think if you are a beginner and need to lose a lot of weight, some of these exercises would be hard to do at first. I think the exercises could have been better organized by beginners, intermediate and then advanced. Based on what I could see, most of the exercises tend to fall in the intermediate and advanced category making this book somewhat daunting for the first-time user/beginner.

Kassilem says

This is no book for an individual who only exercises sporadically. It's a very detailed book. This fact alone necessitates a reader is looking to better their workouts, or one who wants to understand how to begin and maintain an effective workout. It's predominately focused on women as its title suggests, but the majority, if not all, of the exercises in the book can be done by men as well. I'd say it's aimed at women in the areas that it talks about the prevalent urge to lose weight, and how to do it safely, and in the areas it talks about challenges women have to working out such as menstruation and pregnancy. I enjoyed the book, although it was almost too detailed for me. This book goes into anatomy and physiology, talking about ATP and glycogen levels. I wasn't interested in going that deep myself, having had enough of that information in my anatomy class. I enjoyed that it explained why different types of exercises were all important and urged readers to incorporate all kinds of exercises into their workouts, and that it made sure to include exercises done in the home without the cost of equipment or memberships. And it didn't only target those readers that were hard core exercisers. Beginners would get good information out the book as well. It's a lot of information, but if you're looking to increase your knowledge of what would benefit your body during workouts this may be a great book to get your hands on.

Angel Graham says

Forgot this was a Giveaway win. Will do a second read through and review.

Also my apologies to the publisher/author. Along with forgetting this was a Goodreads Giveaway win, I have been very ill for several years, and just now doing reviews that I promised nearly 3 years ago. Thank you for your patience and understanding.

I like this book. While it's geared to the person without mobility issues, I found that I could turn many of the exercises into chair exercises with a few work a rounds. Women naturally have different needs when exercising, and this book helps women to work their body to the best of their ability and to see positive results.

Nicole Sunderlin says

Won this on a Goodreads giveaway:

Great workouts, nice pictures, I thought this book is a great instructional book, and I thought it really got how important forum is!

Linda Abhors the New GR Design says

I received a free copy of this book from the editors in exchange for an honest review.

At first glance, I thought it would be a series of workouts, because photos are used to demonstrate proper form for every single workout. But I was surprised by the depth of some of the chapters, particularly when the authors present information on nutrition and the physiology of muscles and circulation/aerobics. The authors are both affiliated with the UK magazine "Bodyfit", and hold degrees in nutrition, sports science, and exercise physiology. I've been working with a dietitian for a while, so the chapter on nutrition didn't blow me away, but I do remember thinking, "Hm, wonder how much of this the average person is going to be able to take in at one sitting?" I did feel something of that myself in the chapters on physiology, and will probably go back and review. For those who might be intimidated by that--well, it's better to have too much info than not enough, or to read magazines that tell you one month that more reps with lower weights are better one month, and the next tell you that fewer reps with higher weights are better. Also, each chapter has a summary page or half-page of the chapter's main points, in case this scares you.

Spot training? Haha, you're silly, these two don't even dignify that with a mention! But within each series of photos, the target muscle is mentioned, just so that you can properly combine activities for a full-body workout (or maybe avoid certain ones, if you're recovering from an injury). What was different about this book, for me at least, was the identification of body type from the beginning-I've never been a fitness buff, quite the contrary. I'm coming to it later in life, and haven't ever really been "in shape", so yes, I've read my share of books/magazines on the subject, and I don't recall anyone ever addressing the fact that we cannot change our body type/composition (something I came to terms with long ago), much less how we should train for that body type. For one type, an emphasis on strength training is recommended, whereas another should incorporate more split training, etc. For the sake of the review: I'm not young, have never been at a healthy weight as an adult, always thought I hated sports (turns out I just hate competitive sports), have exercise-induced asthma, a back that's such a mess I'm supposed to be walking with a cane, and messed with my meniscus trying to ease into jogging two years ago--so while I have always been extremely flexible, I am not fit and I do understand mobility issues. I honestly can say that I didn't feel too intimidated by the majority of the activities here--but then again, I'm discovering late in life that I'm stronger/can do more than I knew. Within each discussion (for example, pre- and post-workout foods, etc.) there are handy tips in the margins that address the differences for those wishing to lose weight. In other words, they'll give advice for those who are in shape and seeking to maintain, and other advice for those wishing to lose weight--again,

very helpful.

Chapter 1 asks the reader to have that conversation with yourself-that conversation where you sit down with the trainer and discuss your goals-and if your goals aren't realistic, you and your trainer have to have a longer conversation. It asks the reader to examine the psychology of exercise and training: commitment, preparation, overcoming obstacles, injury, negative thinking, visualization, etc. Chapter 2 identifies body type and fitness level-another good thing about this book is that the majority of it allows people of any fitness level to adapt the activities to their level. 3 deals with nutrition, 4 with warm-up and cool-down, 5 with aerobics, 6 with anaerobic (another subject where we'll often find conflicting information in magazines), and 7 strength training. 8-10 address power development, agility, and show how to personalise your program. 11 provides some sample workouts, and 12 discusses the benefits of keeping a fitness diary. I think the only parts of this book that I didn't feel were necessarily realistic for all fitness levels were (perhaps) the power development--some of those activities, I think, imply someone who is already relatively in shape/injury-free. While so many other parts of the book allow one to start from zero, I remember thinking as I went through the power activities-"yes, that one's hard for me to do"(not "I can't" :)) or "hm, that's gonna poke the ol' meniscus bear..". I also got that feeling in the first chapter, as there seemed to be conflicting advice on encountering obstacles (i.e., the excuses we make for ourselves to avoid working out and things out of our control) vs. flexibility. On the one hand, we're told "be flexible, if you can't do a half an hour, do 20 minutes", and on the other, we're told "Be specific about what you're going to do". I've experienced trouble getting back into weights after an injury, setting the time aside for it and making it a habit, so I know what that's about. But I've also experienced (way too often) those nights where I'm dressed for yoga, in clothes which allow me to move and stretch comfortably, and when I show up, class is cancelled. Women of a certain size need, um, certain equipment--it's hard to go to a class dressed for yoga, see it cancelled, and then say "Oh, well, I guess I'll just go downstairs and bounce around on the elliptical for half an hour." So that flexibility/specificity can be tricky at times, with certain things out of our control. While there's a short section on clothing at the end, I think that this is one of the moments, where it might have helped to get some thoughts/feedback from women who are approaching this in less than perfect shape, to "keep it real".

So, 4-4.5, and I'll be looking back over it in months to come. And now I have to go, because I have a date with my trainer--no joke, really do!
