



Bodybuilding for Women! A Beginner's Guide: Tips, Tricks and Secrets About Female Bodybuilding You Would Love To Know (Bodybuilding Anatomy Book 1)

Carmel Maher

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- * Building muscle mass won't make you look like Schwarzenegger
- * **Women don't need special, expensive protein supplements to get results**
- * Starvation diets are NOT part of a bodybuilding regimen
- * **You don't need to live at the gym to get an amazing body and keep it**

These are a few of the myths that make women hesitant about getting into bodybuilding. They prevent us from achieving the muscular, lean, and healthy bodies we want. *Bodybuilding for Women! A Beginner's Guide: Tricks and Secrets About Female Bodybuilding You Would Love To* dispels common fallacies about women and bodybuilding.

Inside You Will Learn:

- * Set and keep goals that will keep you on track
- * **Find a personal trainer who will guide and motivate you**
- * Make smart food choices and use supplements to maximum advantage
- * **Exercise appropriately during the bulking and cutting phases of your bodybuilding program**
- * Exercise safely
- * **Avoid common bodybuilding mistakes**

In addition to helping you get fit, bodybuilding makes you healthier, more energetic, and even happier, because you will be able to enjoy life to the utmost. *Bodybuilding for Women! A Beginner's Guide* contains proven strategies on how to build attractive muscle, burn fat, and look better than ever. It's a winning combination that's now within your grasp.

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