



# THE BODY COACH

**PAUL COLLINS**

THE BODY COACH

Strength Training for Women

PAUL COLLINS



# Strength Training for Women

- Stronger bones, leaner muscles
- Better posture
- Higher energy levels

## THE BOOK

Strength Training for Women has been developed as a training guide as more women begin to understand the health benefits of this activity.

Strength Training for Women is written in five parts. First, you will be educated about general strength training terminology. Second, major muscle groups of the body will be pinpointed, providing strength training exercises used in a gym using hand weights (dumbbells), barbells, various cable, pinloaded and weighted machines. Third, you will be provided with a series of strength training routines for use in the gym. Fourth is a body weight workout routine that can be performed at home or whilst travelling. Fifth is the take anywhere hand weight routine for the whole body.

Through regular participation in strength training, many women find a positive outcome with body image, confidence and self-esteem since the body changes shape as fat is reduced and lean muscle is maintained.

## THE AUTHOR

As a leader in the field of personal fitness, back care and weight loss, Paul Collins, Australia's Personal Trainer™, has successfully combined a sports fitness background with a degree in physical education and an international certification as a strength and conditioning coach, personal trainer, first aid officer and sports coach.

Collins is the creator of The Body Coach® exercise products and educational programs. Coaching since the age of 14, he is now an award-winning personal trainer with more than 20 years of experience. His clients are World Class athletes including national Olympians and Paralympic World Champions and TV stars.



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## Strength Training for Women

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**Medical Disclaimer:**

The exercises and advice given in this book are in no way intended as a substitute for medical advice and guidance. It is sold with the understanding that the author and publisher are not engaged in rendering medical advice. Because of the differences from individual to individual, your doctor and physical therapist should be consulted to assess whether these exercises are safe for you. Always consult your doctor and physical therapist before starting this or any other exercise program. The author and publisher will not accept responsibility for injury or damage occasioned to any person as a result of participation, directly or indirectly, of the use and application of any of the contents of this book.

The Body Coach Series

# Strength Training for Women

**Build Stronger Bones,  
Leaner Muscles and a Firmer Body  
with Australia's Body Coach®**

Paul Collins



Meyer & Meyer Sport

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