



The Female Body Breakthrough: The Revolutionary Strength-Training Plan for Losing Fat and Getting the Body You Want

Rachel Cosgrove

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The ultimate guide to strength training for sustainable fat-loss, increased energy, and healthy body image for women who want to be in great shape, look amazing, and feel sexy and empowered

The key to losing fat and getting a strong, sexy body can't be found in the pages of some fancy diet book. It can't be found in a magic pill. According to strength coach, Rachel Cosgrove, the key to shedding fat and keeping it off can only be found on the strength-training floor. After trying-and failing-diet after diet, hundreds of women have turned to Cosgrove and her revolutionary Fit Female strength training program to finally get the fit, strong, and healthy bodies they've always wanted. Her clients have lost up to 70 pounds, dropped up to six dress sizes, and drastically changed their body shapes and muscle-to-fat ratios.

Now any woman can get the same results with *The Female Body Breakthrough*. A program for every female who is tired of starving herself, exercising for hours with no results, and feeling bad about it all, this revolutionary plan uses a combination of innovative strength training and sensible nutrition. The 16-week program includes:

- A 2-week Bodyweight-Only Jumpstart Phase that will help women adjust to strength training while seeing results in just days
- Over 100 fully illustrated warm-up moves and innovative strength-training exercises using everything from dumbbells and barbells to bands and straps
- A comprehensive nutrition plan including nutrient-timing strategies that work with workouts, satisfying foods that promote optimum health and energy, and even an indulgent snack every day
- A Do-It-Yourself guide to program design so women can craft a program that works toward her personal goals and with her schedule

Written in an accessible, girlfriend-to-girlfriend tone, *The Female Body Breakthrough* delivers doses of motivational advice, testimonials from real Fit Females, and all the know-how any woman needs to get a strong, healthy body.

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