

**The New Rules Of Lifting Supercharged: Ten All-New
Muscle-Building Programs For Men And Women By
Lou Schuler;Alwyn Cosgrove**

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One of my goals for this year is to add more strength workouts into

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Intro to New Rules of Lifting Supercharged By Lou Schuler. In the beginning, Alwyn Cosgrove and I wrote a book called The New Rules of Lifting. And it was good.

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