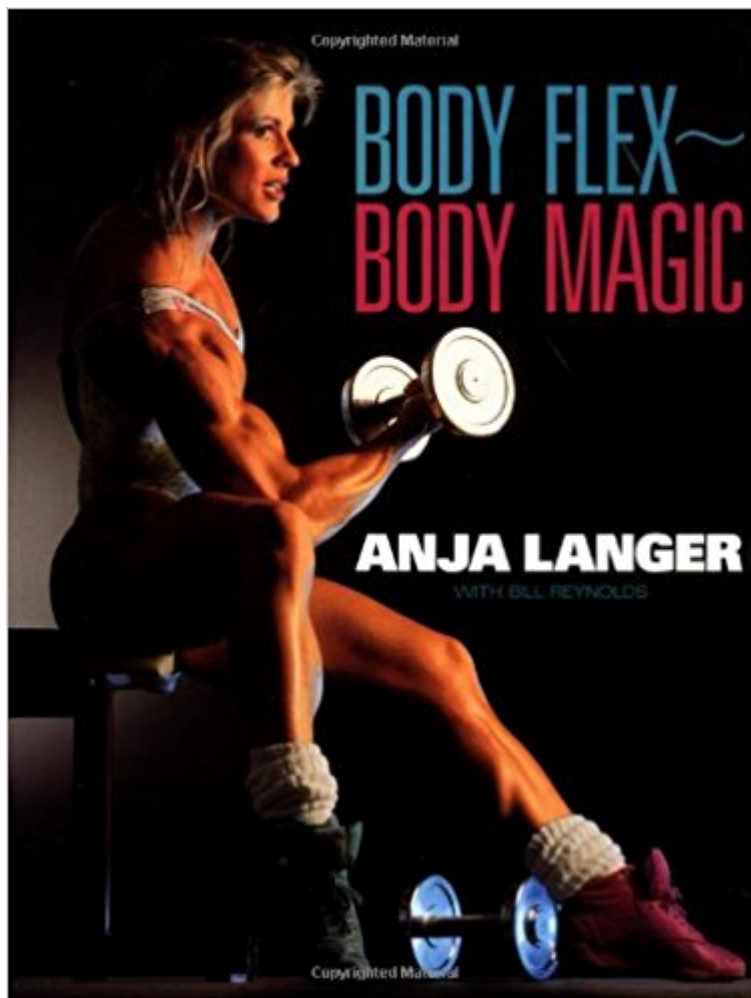




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Body Flex--Body Magic



Synopsis

Before she was 22, Anja Langer had captured the German, European, and Junior Amateur World Bodybuilding Championships as well as second place in both the IFBB Pro World and Ms. Olympia competitions. Her winning physique and fashion-model looks have landed her on the covers of more than 20 fitness and bodybuilding magazines worldwide. Now women bodybuilders and fitness enthusiasts can train with Langer using *Body Flex-Body Magic*—the ultimate guide for women who want the ultimate fit figure. The proper uses and combinations of weight training, cross training, nutrition, stretching, and various forms of aerobics are at the core of Langer's personal fitness program. All facets of her workouts for beginner, intermediate, and advanced levels are detailed and amply illustrated with more than 200 personal photographs. With exercises ranging from the most basic to the most exacting practices used by professional physical trainers and winning pro bodybuilders. *Body Flex-Body Magic* is the most informative and extensive women's body shaping and fitness book ever published. Highlights include: Reducing the body's fat stores with ease Building up selected skinny body parts Achieving full-body flexibility Training and eating during pregnancy Anja Langer lives in Stuttgart, Germany, where she coaches up-and-coming bodybuilders and body shapers of all ages and levels of ability. She has written nearly 100 articles for *Muscle & Fitness*, *Flex*, and other international bodybuilding and fitness magazines. Bill Reynolds served as editor in chief of *Flex* magazine from 1988 to 1992, following 10 years in the same position at *Muscle & Fitness*. He is the coauthor of numerous books, including Joe Wieder's *Ultimate Bodybuilding* and *Sliced*.

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Customer Reviews

McGraw-Hill authors represent the leading experts in their fields and are dedicated to improving the lives, careers, and interests of readers worldwide

I'm fairly new to the world of fitness but have been working for about a year now on becoming more lean, muscular, and healthy. Toward those goals, I've purchased 7 books on muscle & strength development specific to women. Body Flex-Body Magic is definitely my favorite! Ms. Langer, along with co-author Bill Reynolds, have presented a huge amount of information in a clear and concise way. They have divided the book into basic, intermediate, and advanced level training routines; within those categories, they provide detailed information on how to do the exercises, what they accomplish, and common mistakes, along with photographs of each exercise. I find the common mistakes information, specific to each exercise, particularly helpful as it points out positional errors that can lead to injury or just plain ineffectual results. The book also contains great information on nutrition, aerobic exercise, stretching, bodysculpting/bodybuilding, and working out while pregnant. My highest recommendation!

This book is comprehensive and honest in approach to weight training and nutrition. Anja is a professional body builder who has written a book with information for all levels of weight training. The best things about weight training for women is that it helps build/maintain strength and it helps build/maintain BONE DENSITY. One does not have to be a body builder or go for a lot of muscle mass to reap these benefits of weight training. I would recommend this book to anyone as it has so many different exercises and nutritional facts.

Where has this book been hiding? When will Ms. Langer update it with a revised edition? This is one of the best books on weight training I have read, and I have read a number of them. My wife and I both use it in our weight workouts, so it's not merely for women, and we both have learned things from it that our personal trainers never taught us. The pictures showing the start/finish and midpoint of each exercise, as well as the clear and concise explanatory text, make it easy to understand the precise movements required, and to avoid common mistakes. The variety of exercises for each muscle group, the inventive new exercises originated by Ms. Langer, and the personal insights she shares from her own experience, make this a highly useful book for men and

women of all ages (I'm 50) and experience levels, from novice to experienced body builders. It's simply a marvelous book!

Well designed for the females in the house hold, not only on the specific workout program, but designing a plan that can fit into your busy life style.

I bought this book about 6 years ago when I made a conscious decision to build muscle. I am now a successful competitive bodybuilder, and I can honestly say that this book was, and still is, indispensable to me. It guided me through all the beginning, intermediate and advanced levels of body shaping, and then when I decided to give competition a try, it was helpful then, too. I recommend this book to any weight lifter of any age, gender or goal. It is my absolute favorite bodybuilding book of all time! Well written, comprehensive, and illustrated with a plethora of photos of the most beautiful bodybuilder EVER!

I like this book and recommend it to all women who are timid about lifting weights or working out in a gym. It answers the question of how many sets you should do, etc..all the questions beginners have. This book clearly illustrates how to do the exercises and gives good advice. My only qualm is, it needs to be updated. I actually emailed Anja praising this book and requesting that she update it and surprisingly she emailed me back that she was considering it. I really hope she does. It would be nice to see her now and have new nutrition information.

This book is a thorough approach to women's weightlifting and addresses many relevant topics from safety, where to workout, pregnancy, diet, and complete instruction with pictures on how to perform hundreds of lifts. Anja Langer includes workout routines for the beginner, intermediate and advanced bodybuilder. Also information on losing body fat, and diets to follow whether your goal is simply to get in better shape, or to become a competitive body builder. This is a guide I turn to whenever I feel like changing my workout routines, and what is best for me at any given time.

I bought this book a while back for my wife to learn weight training. It has proven itself time and time again as an invaluable source of great information on physical fitness through weights. My wife used this book and performed the recommendations even through her pregnancy. THE RESULTS WERE FANTASTIC. The pictures are super and the advice is really on target. It should be on every beginners bookshelf and even those who train for years. All round one of the best books for women

on the subject. Best part is, it is not just for women, I think most men could learn a lot from Anja; I did!

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