



# Bodybuilding For Women: How To Build A Lean, Strong And Fit Female Body By Home Workout

*Linda H. Harris*

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## Bodybuilding for Beginners & Bodybuilding Nutrition

Do you want to increase your strength, speed, and overall athletic performance? Do you want to fit a bodybuilding routine into your schedule? You can reach your fitness goals with Bodybuilding for Women.

Muscle building has two important components: diet and exercise. If you don't maintain a good balance between diet and exercise, it will be nearly impossible to build a leaner and stronger body. This book provides in-depth coverage of each of these areas by offering nutrition strategies and a bodybuilding training plan that can be used right at home.

**By reading this book you'll learn:**

- **The benefits of bodybuilding for women**
- **Home bodybuilding exercises, including warm-ups, dumbbell exercises, yoga, and gravity workouts**
- **A 7-day training plan**
- **Bodybuilding nutrition**
- **Bodybuilding tips for beginners**

If you are currently involved in a sport such as swimming, tennis, or recreational team sports like softball or basketball, bodybuilding can help you improve your athletic performance. If you're not a natural athlete, but you'd like to look and feel like one, bodybuilding will nudge you closer to those goals. This book will show you how to replace fat with muscle, and develop a strong, balanced physique.

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TAGS: bodybuilding for women, bodybuilding for beginners, bodybuilding nutrition, bodybuilding workout, bodybuilding exercises, bodybuilding diet, strength training for women, home workout, strength training for fat loss

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