



Roar (Paperback)

By Stacy Sims, Selene Yeager

Rodale Press Inc., United States, 2016. Paperback. Condition: New. Language: English . Brand New Book. ROAR provides Women with all the training and nutrition advice they need to build a rock-solid fitness foundation. Using what she calls getting fit to get fit, Dr. Stacy Sims presents a comprehensive plan for training the body to optimally adapt to exercise. The book helps readers determine and reach peak performance weight, build lean muscle, strengthen bone, and boost power and endurance. And because a woman's physiology changes over time, entire chapters are devoted to menstrual cycle, pregnancy, and menopause.

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