



Leslie, a 40-something attorney and mother of two, began with the usual intention of just “losing weight.” In six months muscle had emerged, changing her shape- and intentions. This isn’t unusual- once women understand muscle, see how hard it is to get, and see it on themselves, the quest changes. A year and a half later she was showing it off.



At one point, after her second child was born, she weighed over 200 pounds. Leslie had already been training at the YMCA (the unproductive way most women train in clubs!) at the time of this "before" picture, and had typically low strength. For example, she could do ten wobbly repetitions in the squat with only the bar (45 lb), and barely ten reps in the bench dips for triceps. For seated dumbbell presses she could handle 20-pounders and do curls with 10-pounders. Eventually she’d be squatting with 225 pounds, bench dips with over 100 pounds on her lap, seated dumbbell presses with 50-pounders, and dumbbell curls with 40-pounders. It took her over a year before she could do a regular dip –after, she could do a dozen. When she "worked in" with men in the weight-room, she sometimes had to add more plates to what they were handling. They’re weren’t too crazy about that, but she loved it!