

What Has Dr. Shook Been Reading

*Look Great Sleeveless, The Ultimate Workout Guide To Awesome Arms, Sultry Shoulders and A Beautiful Bust.*

By Brad Schoenfeld

Prentice Hall Press 2002

Looking great sleeveless -- Have awesome arms, sultry shoulders and a beautiful bust. Well, what's not to like?

From the title, *Looking Great Sleeveless*, you might guess that this book is all about looking good in the mirror -- about Women looking good in the mirror -- and you would be right.

Personal trainer, Brad Schoenfeld is the author of several a best selling fitness books, has been published in many well-known fashion magazines and has made TV and radio appearances promoting his trademarked *High-Energy Fitness* system of body sculpting. His specialty is looking good and, oh yea, with this newly toned and shapely physique you'll feel great and have more energy and strength than ever before.

Topics include some simple physiology, motivational strategies, and training protocols for sculpting the body.

The nutritional "regimen" is reasonable and aimed at reducing body fat while fueling the body that is undergoing transformation.

The muscle sculpting protocols include a discussion of the use of reps, sets, and intensity for the purpose of either building up bigger muscle or toning sleeker muscle.

And of course, there is a large section devoted to the actual lifting techniques for the shoulders and arms. Page after page of buxom beauties, sitting upon fitness equipment, weights in hand, awesome arms flexed, their curly locks cascading down their sultry shoulders demonstrate the recommended exercises.

I have a few complaints. For a book dedicated to the development and maintenance of a fashionably perky physique, *Look Great Sleeveless* lacked any discussion regarding the importance of a supportive and properly fitting bra. The recipes were not only uninspiring but looked nasty. And I was annoyed by Mr. Schoenfeld's many observations on what "women think..."

This is by no means a book for the fitness novice. I would recommend it for the fitness savvy or perhaps fitness cynical who having grown weary of "health and wellness" goals are looking for something more **visual** to get themselves, into the gym week after week.

Personally, I'm in the forth week of my "sultry shoulder" workout and have to admit that I feel great, my energy is high, I feel strong and ... I wonder, does Aspen Traders still have those silk tank tops on sale?

A special note from the Good Dr. Laura: Ladies, gravity is a powerful and unrelenting force, wear a high quality, well fitting sports bra when exercising. OK? Good.

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