



GET STRONGER NOT BIGGER!

The Bulkless Training System that helps women become powerful without adding muscle mass!

With targeted workouts for abs and glutes!

By Paul Gagné and Kim Goss

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Warning: Before beginning any strength and conditioning program, consult with your physician to ensure that you are in proper health. This book is not intended to provide medical advice; you should acquire medical advice from your private health care practitioner. No liability is assumed by Kim Goss or Paul Gagné for any of the information contained herein.

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HOW TO USE THIS BOOK

We doubt that everyone will read this book from start to finish. Fortunately, you do not need to read it word-for-word to get started on this workout system we like to call “Bulkless Training.”

If you are new to weight training and want to go Bulkless ASAP, start with **Part II: Workout Essentials** followed by **Part III: The Workouts!** If you have an extensive background in weight training, jump to **Part III** and get started on the workouts appropriate for your conditioning level.

If you just want to target your abs or glutes at home with minimal equipment, check out **Part V: Targeted Ab Training** and **Part VI: Targeted Glute Training**. These ab and glute workouts are written independently from the rest of the book. We used this approach because some women are just interested in addressing these target areas and want to get started right away.

To learn more about the philosophy and science behind Bulkless Training, read **Chapter 2: Why Women Should Train Differently Than Men** and then **Part VII: What Research Tells Us About Bulkless Training**.

You'll also find subjects related to Bulkless Training in **Part VII Specific Topics**. We've included a **FAQs** section and a **Glossary** of unique terms used in this book.

Of course, if you want to do this the old fashion way, feel free to read *Get Stronger Not Bigger!* from start to finish.

That's all – get going! (and good luck!)

Paul Gagné

Kim Goss

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Laura Murphy is a five-time high school state champion in track and class valedictorian. She is a junior at Harvard, majoring in English with a minor in chemistry. Murphy was a powerful athlete, cleaning 30 pounds over bodyweight, full squatting nearly double bodyweight, and vertical jumping 25.1 inches.

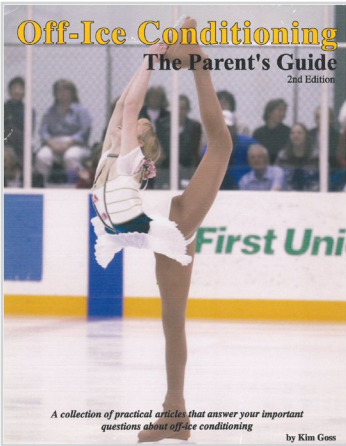
WHY WE WROTE THIS BOOK

Among the general population, very few women join a gym to get bigger. Getting lean is usually the primary goal -- although if that brings with it a six-pack and a little more shape to the glutes, that's fine. And it's our experience that few women have ever asked a personal trainer to help them pack on slabs of meat to their arms, chest, and shoulders. What then, do most women want?

Based on the popularity of these sports, many women want to have the lean, athletic bodies seen on dancers, cheerleaders, and figure skaters. Yes, champions in MMA

and those in "boot camp" competitions are admired for their athletic prowess, but many women don't want to possess that degree of muscle development, particularly in the upper body. Strength and power? Yes – absolutely! Muscle bulk? No, thank you!

We have worked with numerous figure skaters who have competed in the World Championships and the Olympic Games. What we found makes these sports unique and a challenge for strength coaches is the aesthetic component. These athletes need to be strong enough to do the jumps, but cannot possess



Many women admire the lean, athletic bodies seen on figure skaters. Coach Goss and Coach Gagne' have worked with many international figure skaters to help them achieve a high level of performance without additional muscle bulk.

high levels of muscle mass as they want to display the long, lean lines that accentuate their choreography. They need what we like to call a “Bulkless Workout.”

Now you may ask, “How can women achieve their fitness goals without packing on a significant amount of muscle?” This book will teach you -- but first, let’s look at five approaches that don’t work:

1. Extreme Dieting. Some women try to avoid building muscle by reducing the amount of food they eat. Movie stars are often known to use this approach, along with (to the detriment of their performance) dancers

and figure skaters. The problem is that if the body does not get enough calories, it will break down muscle tissue, preventing you from becoming significantly stronger or more powerful. Also, extreme dieting makes the body more efficient at storing fat, creating a “yo-yo syndrome” that makes it difficult to stay lean.

2. Steady-State Cardio. Another approach is to train hard and eat well, but then do endless, steady-state cardio on treadmills, stationary bikes, and elliptical cycles. Not a good idea. Steady-state cardio converts the powerful, fast-twitch muscle fibers to function as slow-twitch muscles, meaning they will not be able to produce as much force. Further, this type of training compromises muscle tissue, slowing your metabolic rate (the rate

at which you burn calories) so that you will have to eat less to avoid gaining fat.

3. High-Rep Training. One popular approach to staying lean while lifting is to perform especially high reps in strength training exercises, but with minimal weight. In effect, bypassing the muscle mass building protocols and focusing on muscular endurance. Often, you see these types of training programs recommended by so-called “functional trainers” who like to perform a large number of sets on exercises that require considerable technique and balance. Nice try.



Divers need to be lean, powerful, and athletic. Coach Gagné has been working with Canadian diving champion Olivia Chamandy for several years to achieve these qualities.

Unfortunately, the weights are so light with these workout protocols there is little strength training benefit. Plus, with certain muscles, such as the quads, this training can result in large, unwanted increases in muscle mass. Just look at the leg development of speed skaters and cyclists – even those in distance events often display considerable muscle mass.

4. Plyometrics and Jump Training. Getting closer here! Dancers and figure skaters certainly do lots of jumping, often with higher-intensity explosive movements called plyometrics. They often have great bodies with minimal levels of muscle mass, but there are issues with this type of training.

First, if you're tall or are carrying around excess bodyfat, the extra weight will make such training especially hard on the body and can lead to injury. Also, you need to perform a high volume of jump training to have a significant training effect. It's not unusual for dancers, gymnasts, and figure skaters to spend 20-30 hours a week training.

Consider too that most plyometric and jump training programs do not work the muscles through a full range of motion, creating muscle imbalances. So yes, plyometrics and jump training can be considered a Bulkless workout, but it shouldn't be the sole method of training for most women.

5. Sprinting. Sprinting has a lot of “bang for your buck” as a form of athletic fitness training because it can improve running speed, jumping ability, and lower bodyfat. Sprinting will not, however, improve upper body strength significantly. Three other issues with sprinting are that it requires skill to perform safely, the weather can make sprinting impractical, and sprinting can place a high level of stress on the body than may cause injury. Let's take a closer look at this last point.

In a study published in the *American Journal of Sports Medicine*, researchers observed 174 male and 83 female high school



Photo: Joel Morel

Plyometrics and jump training are methods to increase power without significantly increasing muscle mass

track and field athletes during one season. The study involved 17 high schools. During this 77-day period, 41 injuries occurred, and the average days of missed practice for females was 6.6 days and for males 8.7. Noted the authors, “Sprinting events were responsible for 45% of all injuries.” With such a high injury rate to young athletes, we can’t emphasize enough that you consult with a track coach to minimize the risk of injury.

One final point, which can lead to confusion. There are some women with slender forms, called ectomorphs, who can perform conventional bodybuilding methods without adding muscle mass. The tall, Victoria Secret runway models often possess such body types, along with many tall volleyball and basketball players – this book may not be for them! For all others, they should consider the Bulkless Workout.

Get Stronger Not Bigger will hopefully create a paradigm shift in how you think about training, teaching you how to become more powerful, without getting bigger – or, at least, not so much that you will look awkward in a cocktail dress. We will also show you how to improve your posture, not just to improve how you look but also to help you move more efficiently and, if such is your goal, achieving athletic superiority.

Enjoy the journey!

Paul Gagne’

Kim Goss, MA, CSCS



Part I: Beyond Testosterone

CHAPTER 1: A BRIEF HISTORY OF WOMEN'S WEIGHT TRAINING



Rachel McLish was the first Ms. Olympia. She is considered a pioneer in women's bodybuilding and helped popularize hard weight training for women.

In the 60s and 70s, strength training workouts for women were usually reserved for exercises performed with light dumbbells and cables – perhaps even a few lower body machines. That environment changed with women's bodybuilding.

Unlike the first bikini contests where women strutted around the stage in high heels, the women in bodybuilding flexed. Clenched fists raised in double-biceps, abdominal vacuum poses, and even the most muscular crab – just like

the men. And unlike beauty competitions, which are generally reserved for older teenagers or those in their early 20s, part of the appeal of these new competitions is that women could often compete after the age of 30.

The first men's Mr. Olympia bodybuilding competition was held in 1965, but it wasn't until 1980 when we saw Rachel McLish become the first women's champion. McLish had fashion-model looks, and she was able to monetize her celebrity status by appearing in fitness and music videos. McLish tried her hand at acting, which didn't do so well as she appeared

ABOUT THE AUTHORS



Paul Gagné
Strength Coach and Posturologist

Through his knowledge of postural correction and elastic strength training, Paul Gagné helps athletes achieve physical superiority while reducing their risk of injury. For the past 38 years, Coach Gagné has worked with athletes at all levels.

Kim Goss, MA
Fitness Writer

Kim Goss holds a master's degree in human movement with undergraduate studies in journalism. Goss was a writer for Runner's World Publications in the 1980s, has written articles for over 50 print magazines and has edited 31 books. A former strength coach for the US Air Force Academy, Goss designed and supervised off-ice workouts for a dozen figure skaters and ice dancers who competed in the Olympics.

Get Stronger Not Bigger can be purchased through:

Amazon.com

The book is available in digital and softcover formats.

Thank you,

Paul Gagné and Kim Goss