

**Strong Is The New Skinny: How To Eat, Live, And
Move To Maximize Your Power By Jennifer
Cohen;Stacey Colino**

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Aug 14, 2013 Name: Alex Rhea Age: 24 Height: 5-foot-5 Feats of strength: At Chaise23, Rhea uses the same weighted bungees as the men (10 pounds!) throughout a 55-minute

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Strong is the New Skinny by Jennifer Cohen. In her new book with Stacey Colino, STRONG IS THE NEW SKINNY: How to Eat, Live, and Move to Maximize Your Power

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How to Eat, Live, and Move to Maximize Your Power ISBN:0804140510 Authors Jennifer Cohen, Stacey Colino Strong Is the New Skinny: How to Eat, Live,

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