



Men s Health Body Building Bible (Paperback)

By Tyler English

Rodale Incorporated, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book. By far the most popular topic among Men s Health magazine readers is muscle building. Young or middle-aged, men equate muscle with power, success, and sexual attractiveness. And a new generation of young men is hungry for a definitive guidebook that shows them the steps to the bodybuilding stage. For decades, the seminal work has been Arnold Schwarzenegger s Encyclopedia of Modern Bodybuilding , but GenY is ready for a fresh new guidebook that takes a healthier approach to bodybuilding written by the poster boy for clean eating and natural home-grown muscle, Tyler English, whose youth, long hair and tats, and unorthodox boot camp workouts will appeal to young lifters. At the heart of English s book is a 16-to-24-week course of weight lifting and nutrition that will shed body fat and trigger explosive muscle growth. Exercise by exercise, meal by meal, the reader is shown precisely what to do to build a competition-ready body. But even if the reader simply wants to look his best on the beach, this book will reveal the secret techniques that bodybuilders use to achieve hard, rippling muscle.



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