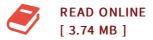




The Mens Health Gym Bible

By Myatt Murphy

Rodale Books. Paperback. Book Condition: New. Paperback. 432 pages. Dimensions: 10.6in. x 8.5in. x 0.8in.Backed with the authority of the worlds leading mens lifestyle magazine, this is the ultimate resource for guys looking for a total gym experience In The Mens Health Gym Bible, certified strength and conditioning coach Mike Mejia and magazine contributor Myatt Murphy instruct readers in the optimal use of a gym for strength training and cardiovascular fitness. The authors advise both novices and longtime gym rats on: how to choose the right personal trainer the value of group fitness classesand how to fit them into any workout schedule how to design a gym program that meets personal fitness goalsPacked with hundreds of photographs that demonstrate proper technique for every piece of equipment found in the typical gym, The Mens Health Gym Bible is the must-have accessory for every gym membership. There is simply no other book on the market that so comprehensively and expertly addresses the needs of gym enthusiasts. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



Reviews

I just started off reading this article publication. This really is for all who statte there had not been a really worth looking at. You will not feel monotony at anytime of your own time (that's what catalogs are for about should you ask me).

-- Prof. Jeremie Kozey

Great eBook and useful one. We have go through and i also am certain that i am going to likely to read through yet again once more in the foreseeable future. Your lifestyle period will likely be transform once you comprehensive looking over this book.

-- Carter Haag

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