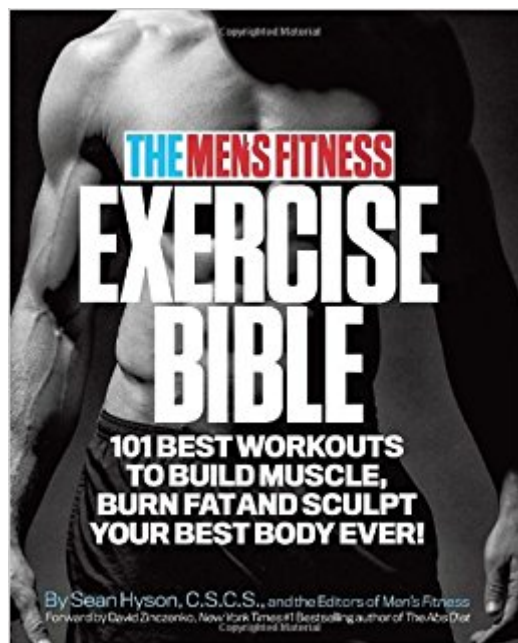


The book was found

The Men's Fitness Exercise Bible: 101 Best Workouts To Build Muscle, Burn Fat, And Sculpt Your Best Body Ever!



Synopsis

Build muscle, burn fat, and sculpt the body you want—wherever, whenever you want—with the world's most respected fitness experts as your personal trainers. **THERE ARE NO MORE EXCUSES** With The Men's Fitness Exercise Bible, you will always have time to get in great shape—even if you only have no time at all. You will always have the equipment you need—even if you have no equipment at all. You will never grow bored or stop seeing progress—and your workout will never become routine. Whether you have access to an upscale gym or just a dumbbell in your garage, whether you're an elite athlete or a complete beginner, there's a workout in this book—101 of them, in fact—that will get you bigger, stronger, and leaner. Discover how to accomplish in 8 minutes what most people do in 80—because top exercise pros give you only the most effective and efficient workouts in the world. The Men's Fitness Exercise Bible gives you: **Â** Routines for barbells, dumbbells, bands, machines, a suspension trainer, and body weight alone **Â** Muscle and strength building full-body workouts, plus body-part-specific, and upper/lower split routines **Â** Fat-burning, heart-strengthening cardio workouts for all the most popular machines—treadmill, elliptical trainer, stationary bike, rower, and more **Â** Expert programming from the world's best trainers, including explanations of how the workouts were designed to build muscle, burn fat, or increase endurance so you learn what works and why **Â** Over 1000 different exercises with complete descriptions so you master perfect form **Â** Complete, scientifically proven nutrition plans for muscle gain and fat loss **Â** No matter where you are, no matter what your goals, the perfect workout is at your fingertips. The Men's Fitness Exercise Bible will keep you burning fat, sculpting new muscle, and making great gains for life. **Â** Discover how to make the world your gym! Praise for The Men's Fitness Exercise Bible **Â** “This reminds me of training I did in my early bodybuilding days in Austria. Simple programs like this have always worked and always will. Sean has put together a fantastic collection of workouts.”—Arnold Schwarzenegger, 7-time Mr. Olympia, Governor of California, and terminator

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Customer Reviews

“This reminds me of training I did in my early bodybuilding days in Austria. Simple programs like this have always worked and always will. Sean has put together a fantastic collection of workouts. •Arnold Schwarzenegger, 7-time Mr. Olympia, Governor of California, and terminator

Sean Hyson is the Group Training Director for Men's Fitness and Muscle & Fitness magazines. A Certified Strength and Conditioning Specialist (C.S.C.S.), he has been writing about exercise and nutrition for more than a decade. He lives in New York City, and can deadlift 500-plus pounds.

I thought overall this was a really good book. I had been looking for a new program to jump start my return to training after a layoff of several months. As soon as I got the book I made workouts 3, 4 and 5 my new program. I've found the workouts challenging and effective. I was also pleased that the workouts were relatively short (about 45 minutes or so, not including warmup and cool down), which fit right into the amount of time I had. I've only glanced at the other workouts in the book, but they all seem good. The workouts come from top trainers in the industry, so you know you are getting quality advice. My only complaint about the book would be that the workouts are only loosely organized into programs (basically the introduction for a given workout might mention that it can be done with the preceding workout(s) as a program). I would have liked to have seen an appendix or something that outlined different programs you might follow using the workouts in the book. One note -- I bought the Kindle version of this book for my Android tablet, and I've found it to be a great choice. Having it on my tablet makes it much easier to use in the gym for reference on a specific exercise, vs. trying to keep a book open to a specific page (typically involving laying a heavy object across the book to keep it open to a given page).

If you're looking for ideas, this has it. I recommend it to anyone who cares enough to find ways to switch up their exercise routine. I don't use this every day but its been almost 3 years with this and I still browse through every now and again just to get some new ideas. It does some explaining of the exercises you're doing, but generally I use it just to get a visual of what i should be doing for difference muscle groups.

The results getting from this book is great!

plenty of help to keep me burning in the gym!

Excellent workouts for a variety of different training modalities. I like the way the book breaks up the workouts both by what your goals are (full body, conditioning, cardio etc.) and what equipment you have available (full gym, barbells only, dumbbells only, exercise bands and bodyweight). Highly recommend for either beginners or continuing exercisers looking to augment their libraries.

Gives some great info.

Pretty basic, I wish I would have been able to "rent" this first. Everyting workout wise I can get online for free. I really thought there would be more to it to be honest. Maybe it is because I got it on the kindle app versus a hard copy. I was kind of disappointed though.

A great book that allows you to workout anywhere anytime regardless of your lack of equipment. No matter what your sex is this book can help to setup workout plans to follow day by day with a little added common sense. I will be using this book for years to come and possibly pass it down...

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