

[PDF] Men's Health Home Workout Bible: Over 400 Exercises-No Gym Required

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Books Details:

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Author:

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Description:

From Publishers Weekly This book's goal is not only to "turn a piece of your humble abode into your personal war room," but also to demystify the art of weight training: "Where it really counts—results—there's zero difference between a home gym and a membership gym." Sharply written by Men's Health fitness director Schuler, this volume contains all an average man needs to know to get his body in shape: expert, no-nonsense, to-the-point chapters on muscle groups, with descriptions that readers will actually remember; how to buy effective equipment without going bankrupt; and the correct way to lift (all those big guys in the gym are doing it wrong). But the heart of the book is located in the more than 200 pages of exercise programs designed by Mejia (all expertly photographed and illustrated), an incredible range of simple and effective routines. To further help the reader along, Mejia provides 4-week workouts for body weight, dumbbells, barbells, and cables,

for work at home, as well as 4-week all-equipment and multistation workouts that can be done at home. This newest in the Men's Health series provides a range of solid, useful and entertaining information on a range of men's issues. Any man interested in learning the most effective way to develop a successful weight-training routine that he can do at home should buy and read it daily for inspiration.

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From the Back Cover Get bigger biceps, broad shoulders, a bigger bench press, powerful legs, cut abs . . .
without ever leaving your home!

The body you want, in the space you have.
The strength you want, with the equipment you have.
The muscles you want, in the time you have.

You don't need to join a gym to get in shape. In fact, for a lot of guys, the gym is an impediment to getting in shape. The crowds, the inconvenience, the intimidation, the time, the commute-- by the time you add it all up, you could end up investing 2 hours to get 45 minutes of exercise.

No matter how little space you have, no matter how little equipment you have, no matter how little time you have, you can get the results you want without stepping inside a gym.

The Men's Health Home Workout Bible gives you...

* Four full-body muscle plans:

The Body Weight Plan

The Dumbbell Plan

The Barbell Plan

The Multistation-Machine Plan

* Custom training plans for strength, fat loss, aerobic fitness, and sports performance

* Buying advice for weights, benches, machines, cardio equipment, and exercise videos

* Complete guidelines for turning your home into a state-of-the-art fitness center

With beginner, intermediate, and advanced full-body workouts for each type of equipment, *The Men's Health Home Workout Bible* gives you more than 400 exercises altogether, photographed and fully described. From pushups to power cleans, from crunches to jump squats, we show you how to get more muscle and strength at home, whether you're a complete beginner or a competitive athlete.

The Men's Health Home Workout Bible is a personal trainer, on call 24 hours a day, 7 days a week.

Lou Schuler and **Michael Mejia**, M.S., C.S.C.S., are coauthors of the book *The Testosterone Advantage Plan*(TM). Lou is also fitness director for *Men's Health*, the world's largest men's magazine.

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