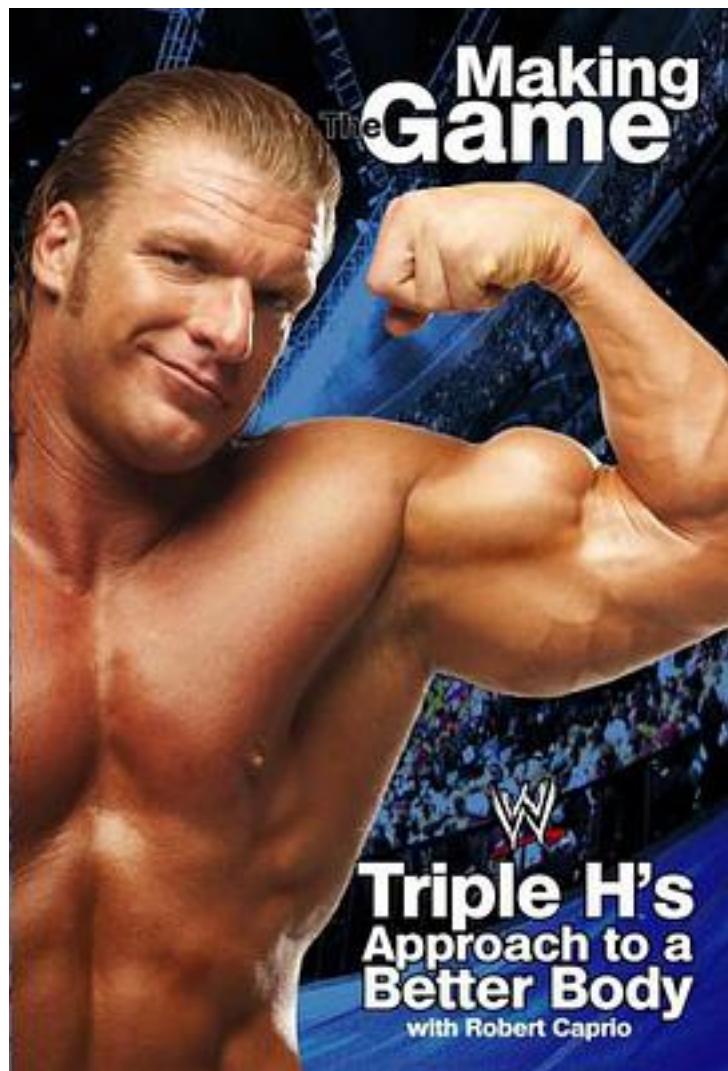


Making the Game



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Love him or hate him, Triple H does what he wants, when he wants to do it. And in this book, for the first time anywhere, he tells you how he does it - and how you can too. "Making the Game" is Triple H's verbal and visual blueprint for building your body. He discusses how he morphed a skinny 135-pound 14-year-old into one of the biggest superstars in World Wrestling Entertainment. For twenty years he has lived the philosophy that training results not only in improved strength and conditioning but in increased self-discipline and the ability to focus of setting goals. This book isn't for pantywaists who would rather exercise their egos! In "Making the Game" he takes the reader step-by-step through his personal training techniques and the challenges he has had to overcome to reach the top - including how he came back from career-threatening injury with just nine months of a specially-designed rehabilitation program in 2001. He discusses the nature of exercise and the value of form over volume; the dangers of over training; how to avoid training injuries and how to inject creativity into your workout. For those who want to get themselves into the best shape of their lives, there can be no better guide.

作者介绍:

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