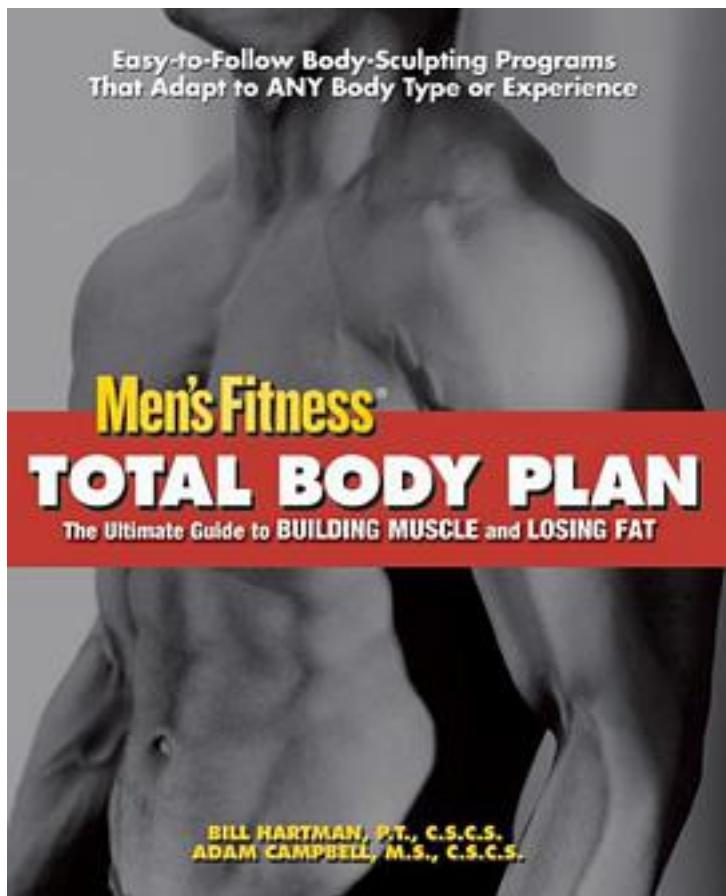


Total Body Plan



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著者:Hartman, Bill/ Campbell, Adam

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Men's Fitness Magazine has gone beyond the usual late-night cable channel fitness hype to provide a solid, factual, and proven plan to overall men's fitness through weight training. Their approach is to concentrate on bulking up first and then stripping away the fat afterward. The training principles in the book have been used successfully

by athletes, bodybuilders, and fitness experts for decades. Whether you are a beginner or an experienced lifter there's a plan and program to help work your muscles to the maximum. Using extensive photography coded for easy-to-follow exercise instruction you can work your plan confidently. Helpful sidebars further provide "at-a-glance" guidance, tips, and continuing disciplined solutions to your workout needs. Along with the workout there's even a maximum muscle diet and a full-scale fat-loss diet with menus and carb and protein counters to help you achieve your fitness goals on plan.

作者介绍:

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