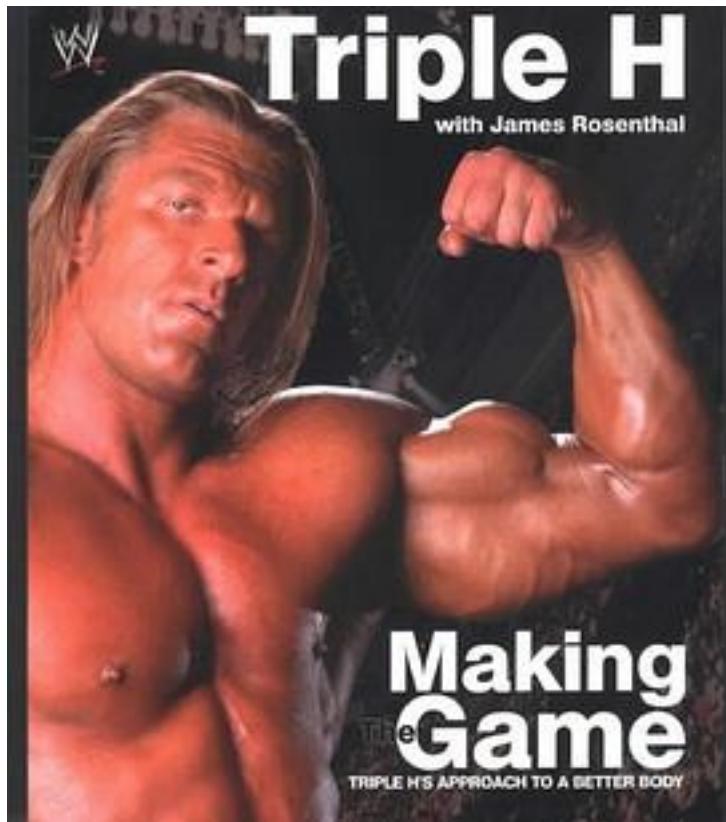


Triple H Making the Game



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著者:Triple H./ Caprio, Robert/ Helmsley, Hunter Hearst

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Triple H is The Game. Arguably he is in better shape than any other WWE superstar, and last year he proved it when his incredible physical condition enabled him to come back from injuries that would have finished a lesser wrestler. In a Tag Team Championship bout that paired him with Stone Cold Steve Austin against Chris Benoit and Chris Jericho in May 2001, he tore his left quadriceps muscle completely off the bone. After six months of hellacious rehab, he returned to a hero's welcome in January

2002. 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. 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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