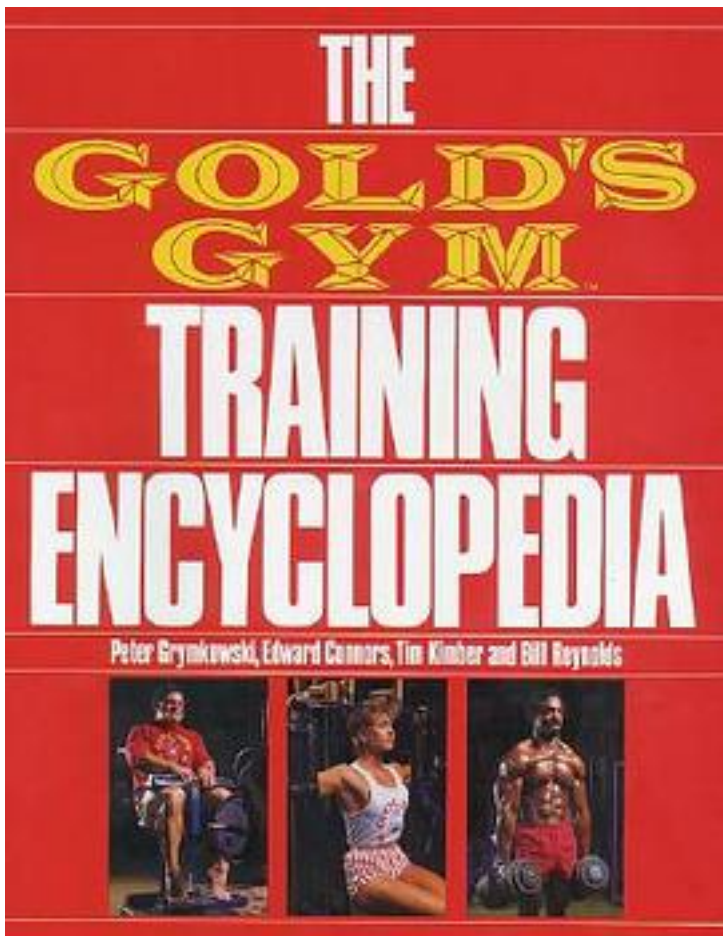


The Gold's Gym Training Encyclopedia



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Product Description "The Gold's Gym Training Encyclopedia is the best book of its kind. I wish I'd had this book when I began bodybuilding. It would have saved me two

or three years of wasted effort." -- Samir Bannout, Mr Olympia 1983 Gold's Gym--the most trusted and best-known bodybuilding emporium in the world--presents the first encyclopedia of bodybuilding and weight-training exercises and routines ever assembled. The Gold's Gym Training Encyclopedia details the full spectrum of resistance exercises available--body part by body part, technique by technique. Featured are more than 300 proven exercises for all parts of the body, using free weights as well as Nautilus and Universal machines. Each exercise is clearly described and is illustrated by champion bodybuilders only, who in addition have contributed 150 of their best training programs. Such top stars include Scott Wilson, Carla Dunlap, Mohamed Makkawy, Tom Platz, Casey Viator, Tim Belknap, Rachel McLish, Mike Christian, Charles Glass, Inger Zetterqvist, Sue Ann McKean, Andreas Cahling, Rich Valente, Boyer Coe, Samir Bannout, and Julie McNew. Peter Grymkowski has won a number of bodybuilding titles, including IFBB Mr. World and Mr. America (heavyweight). He, Edward Connors, and Tim Kimber are co-owners of Gold's Gym Enterprises, Inc. Bill Reynolds is the author of scores of articles and books on weight training and bodybuilding, including The Gold's Gym Book of Bodybuilding, Weight Training for Beginners, and Bodybuilding for Beginners, all published by Contemporary. About the Author McGraw-Hill authors represent the leading experts in their fields and are dedicated to improving the lives, careers, and interests of readers worldwide McGraw-Hill authors represent the leading experts in their fields and are dedicated to improving the lives, careers, and interests of readers worldwide McGraw-Hill authors represent the leading experts in their fields and are dedicated to improving the lives, careers, and interests of readers worldwide McGraw-Hill authors represent the leading experts in their fields and are dedicated to improving the lives, careers, and interests of readers worldwide

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