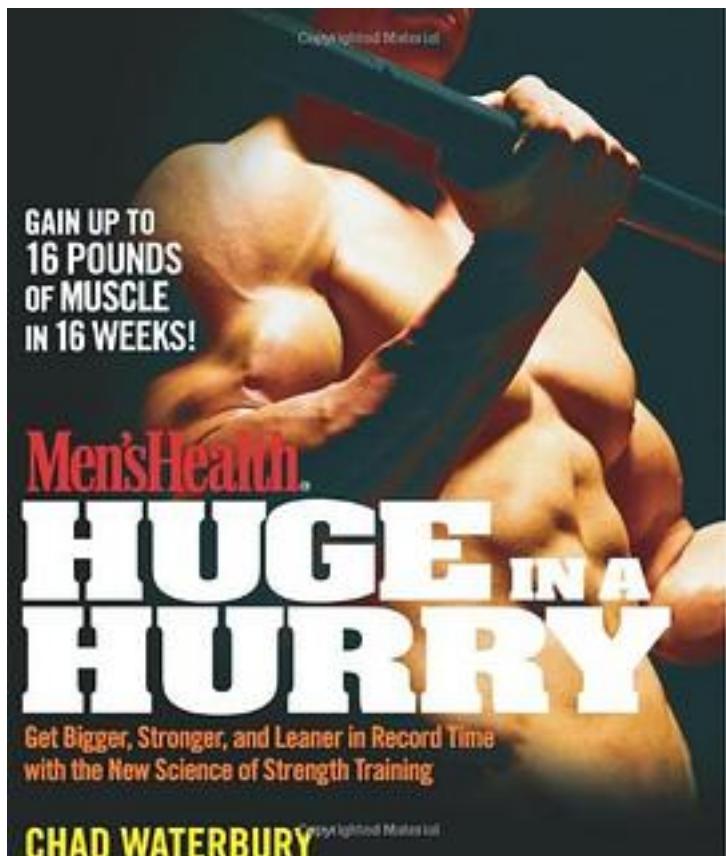


# Men's Health Huge in a Hurry



[Men's Health Huge in a Hurry 下载链接1](#)

著者:Chad Waterbury

出版者:Rodale Books

出版时间:2008-12-09

装帧:Paperback

isbn:9781605299341

A gym rat himself and one of the world's foremost authorities in the field of muscle-building, with a specialty in neurophysiology, Chad Waterbury has developed novel training methods that run counter to many long-accepted theories and practices. Forget lifting moderate weights slowly for lots of sets and reps. Instead, Waterbury insists that the best way to get huge in a hurry is to use heavy weights and

lift them quickly for fewer repetitions. The athletes and lifters he trains and the tens of thousands who read his articles on the online bodybuilding magazine "T-Nation" have been reaping the benefits. And now readers of this book can too. Designed for intermediate to advanced weightlifters, the "Men's Health Huge in a Hurry" program will enable readers to: add mass and size - as much as 10 pounds of muscle; get stronger quickly - realize a 5 percent increase in strength in the first few weeks; build power and stamina - increase their one-rep max in their core lifts by as much as 30 percent; and, lose fat fast - burn off up to 10 pounds of fat, mostly in the first few weeks. The result is a set of groundbreaking workouts that maximize the efficiency and effectiveness of training time for quick and impressive results.

作者介绍:

目录:

[Men's Health Huge in a Hurry 下载链接1](#)

标签

健身

英语

评论

作者的高中物理都应该没有及格，却强调速度在健身中的作用，所以我都不想细细读。给的Program又太过于复杂，不适用。其他的没有什么新意。在读过You are your own gym 和 Bigger, stronger and leaner 之后，这本书只能算一般。

[Men's Health Huge in a Hurry 下载链接1](#)

书评

-----  
[Men's Health Huge in a Hurry 下载链接1](#)