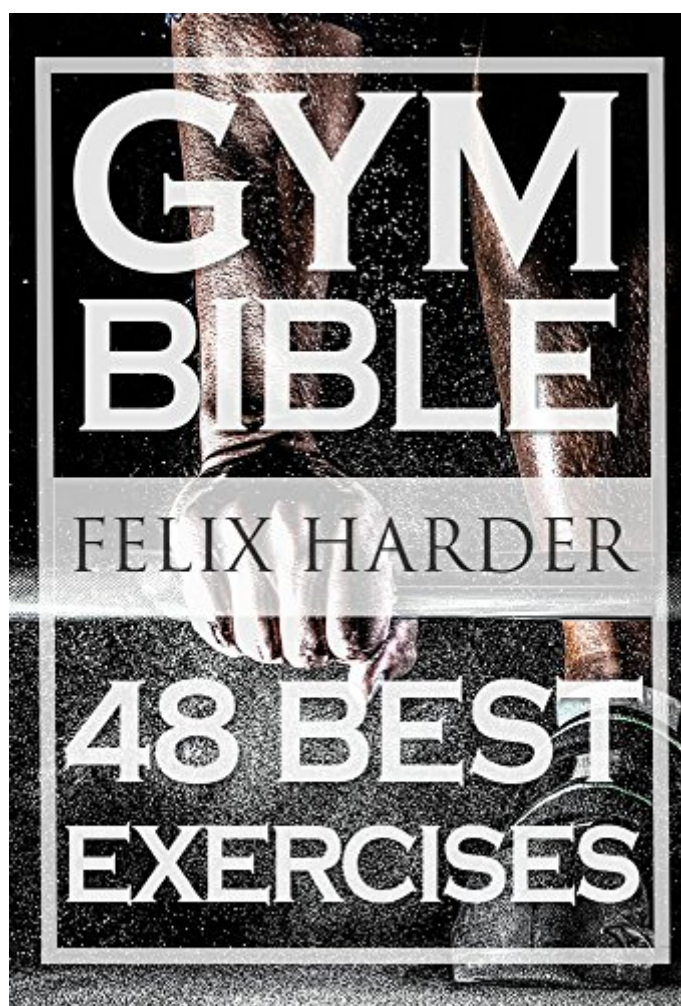


The book was found

Bodybuilding: Gym Bible: 48 Best Exercises To Add Strength And Muscle (Bodybuilding For Beginners, Weight Training, Bodybuilding Workouts) (Bodybuilding Series Book 1)





Synopsis

Want To Know What Exercises Are Proven To Make You Gain Muscle And Strength? Then This Book Is Perfect For You! It shows you the 48 best gym exercises for building strength and gaining muscle. I have included all important muscle groups (Chest, Back, Legs, Arms, Shoulders/Neck, Abs). Many of them are timeless and have been performed by bodybuilders for decades. They are proven to work and should be part of every workout routine. Each Exercise Contains:- step by step instructions on how to perform the exercise- a picture / illustration- details about the primary and secondary muscles involved- safety tips - and possible variations Avoid simply copying friends at the gym! This usually leads to injuries and long-term joint problems. To spare yourself such issues, you need to educate yourself on how to train correctly. I promise you that if you follow the advice in this book, you will increase both strength and size within a few weeks. No Fluff or Bro Science! With this guide you will build muscle faster than ever! The bottom line is you CAN get bigger and stronger with just these exercises. No need for fancy equipment or a personal trainer. **BONUS: Buy This Guide And You Get Free Access To My Video Program "Bodybuilding For Beginners" (Kindle Exclusive)** Please Note: You Don't Need A Kindle to Read this e-Book. You can Download the Free Kindle Reader to Your Smartphone, Tablet or Computer. Tags: muscle, weight training, fitness books, weight lifting, hardgainer, muscle and fitness, fitness motivation, weight lifting routines, weight lifting routines, weight lifting books, muscle building, muscle growth, bodybuilding, bodybuilding nutrition, bodybuilding diet, bodybuilding training, build muscle, training, weight training, bodybuilding books, bodybuilding nutrition, bodybuilding workouts, bodybuilding encyclopedia, bodybuilding diet books, bodybuilding arnold, bodybuilding for women, bodybuilding for beginners

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Customer Reviews

My husband has been working out and had no guide book on how to work out and I bought this book for him. It has been one month and I see him focus on all part of the body as directed in this book. He loved the book to bit and cant thank me enough for buying the book for him. The picture spices the book and it helps him to know how to position himself as he workout . I am also using the book for the abs workout and I am loving the direction on this to bit. We love the book!!!

This is a good gym workout guide when my hubby finds the time to enrol in a gym. It's very detailed for each workout like the main and secondary muscles involved, equipment to use, exercise type, force to use, position, execution, tips & safety, as well as variation. There were also illustrations to give the reader an idea of what the workout looks like. This is for you if you're in the gym to add strength and muscle.

I would definitely recommend this book to anyone who wants a clear and effective way to finally achieve true results in the gym. This is a very balanced book when it comes to diet and exercise, and I believe it would benefit both women and men equally. I feel this book has been the tool I need to fuel my motivation and give me an exact map to what I need to do in the gym and outside of it, how to maximize my results. I don't think anyone who reads this and truly applies it will be disappointed.

A friend of mine is having a hard time training his body and building it to his desired shape so I'm helping him look for ways then I found this book. It helped him a lot than I have ever expected. I just thought it will give him the basics, the terminologies and whatever but it didn't just do that. This book contains 48 of the best gym exercises for building strength and gaining muscles. Exercises in this book are proven and were performed by body builders for decades now and still is working. It gives

out exercises for the chest, the back, the legs, the arms, the shoulders, the neck, and of course the abs -- all important muscle groups. The best thing about this book is that every muscle chapter contains exercises with illustrations, safety tips, and possible variations one can follow for best results. And it even discusses a short introduction about the muscle group and how to train it in each chapter. Recommended!

How I wish I got this book when I was still enrolled in gym class. I wanted to tone my muscles way back then but what I got was a bigger me (I'm not sure if I was leaner) instead of the sculpted muscles I so desired. Think bikini body, think surfer look, think model was what I wanted. My diet at that time was also not that commendable. This book is superb with complete illustrations on proper exercise forms. Different exercises for different body parts were well laid out. Explanations on the muscle group were also clearly presented. I love this book. Maybe there is still time for me to get back in shape.

This book really opened up the gym to me in a way that nothing I have read before has managed. It breaks down all of the different exercises available at the gym. The photos and step by step instructions make following along a synch. The problem is that when you walk into the gym and see all of the equipment you don't know where to start. By bringing along my kindle I quickly was able to find the right equipment and get my workout plan in place right away. If you have difficulty at the gym, this is the book to get you on the right road today!

Lots of guys and gals are frustrated to look physically fit that is why they love to go to the gym or having their own gym at home. But doing exercise is not as easy as just carrying heavy equipment. This book is surely will help you to realized and know that do's and don'ts of body building. you will learn techniques, trip and tricks to do it properly and wont take your body or even your life at risk. That is why Felix Harder called it the Gym Bible because everything in here should follow.

I have been struggling to get the desired results for the last many years but I could not achieve what I was expecting. I think that getting benefit from the experience of others is the most intelligent thing we can do to save time and a lot of money. This book is a source which has done all that for me in a short span of time and I am getting what I need.

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