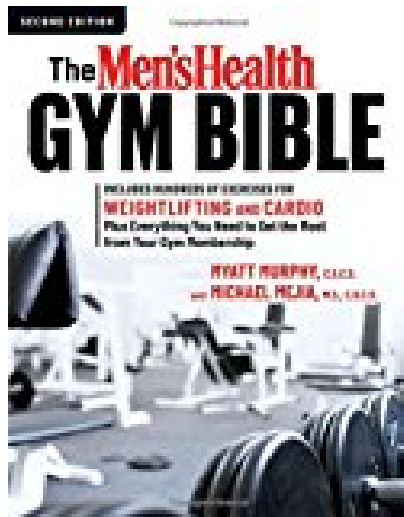


# The Mens Health Gym Bible 2nd edition



## BOOK DETAILS

- Author : Michael Mejia
- Pages : 336 Pages
- Publisher : Rodale Books
- Language : English
- ISBN : 1623368111

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## BOOK SYNOPSIS

Backed with the authority of the worlds leading mens lifestyle magazine, this is the ultimate resource for guys looking for a total gym experience. In The Mens Health Gym Bible, certified strength and conditioning coach Mike Mejia and magazine contributor Myatt Murphy instruct readers in the optimal use of a gym for strength training and cardiovascular fitness. The authors advise both novices and longtime gym rats on: How to choose the right personal trainer The value of group fitness classes--and how to fit them into any workout schedule How to design a gym program that meets personal fitness goals Packed with hundreds of photographs that demonstrate proper technique for every piece of equipment found in the typical gym, The Mens Health Gym Bible is the must-have accessory for every gym membership. There is simply no other book on the market that so comprehensively and expertly addresses the needs of gym enthusiasts.

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