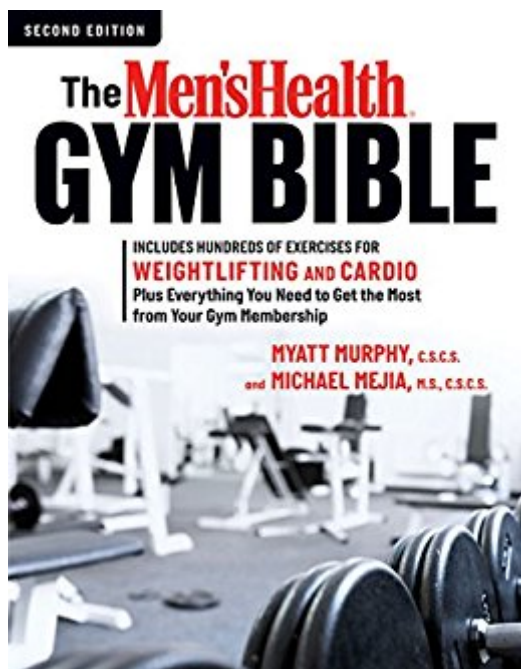


The book was found

The Men's Health Gym Bible



Synopsis

The Men's Health Gym Bible is the ultimate resource for the total gym experience. Men's Health fitness advisor Michael Mejia and co-author Myatt Murphy will teach you how to use various types of gym equipment for optimal strength and cardiovascular fitness. In addition to hundreds of exercises for strength and cardio equipment like free weights, stability balls, and treadmills, this updated edition is filled with exercises and expert fitness advice for cutting edge equipment like TRX suspension training, sandbags, and kettle bells. With almost 700 photos, this edition features all new images that demonstrate proper form and technique for every functional exercise. The Men's Health Gym Bible is for anyone trying to get the most out of your fitness goals, no matter what your fitness level is. Gym novices will find helpful information such as the ins and outs of gym memberships, contract negotiation tips, and how to safely use a piece of equipment for the first time. This is the ultimate resource for the total gym experience and a book that no fitness enthusiast should be without.

Book Information

File Size: 338271 KB

Print Length: 336 pages

Publisher: Rodale; 2 edition (April 18, 2017)

Publication Date: April 18, 2017

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B01IIQQFFG

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #148,193 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #105

in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Personal Health > Men's Health

#121 in Kindle Store > Kindle eBooks > Health, Fitness & Dieting > Exercise & Fitness > Weight

Training #207 in Kindle Store > Kindle eBooks > Nonfiction > Sports > Training

Customer Reviews

Good book.

[Download to continue reading...](#)

What Men Won't Tell You: Women's Guide to Understanding Men (How to read their minds, what men want, why men cheat, why men won't commit, why men lose interest, how to avoid rejection from men) No Gym Weight Loss: A Simple, Easy & Proven Guide to Build the Body of Your Dreams with No Gym & No Weights The Men's Health Gym Bible The Bible: The Complete Guide to Reading the Bible, Bible Study, and Scriptures (bible, religion, spirituality, holy bible, christian, christian books, understanding the bible) Men's Health Your Body Is Your Barbell: No Gym. Just Gravity. Build a Leaner, Stronger, More Muscular You in 28 Days! SLOW MOTION WEIGHT TRAINING - FOR MUSCLED MEN & CURVIER WOMEN - FASTER MUSCLE GAIN AT HOME OR GYM - HOW TO VIDEO LINKS INSIDE (Weight Training, Bodybuilding) (HOW TO BOOK & GUIDE FOR SMART DUMMIES 2) The Complete No B.S. How-to Guide on Bodyweight Training: The 120 Best Bodyweight Exercises for Men & Women to Get Ripped, Lean and In-Shape at Home with No Gym Health Communication: From Theory to Practice (J-B Public Health/Health Services Text) - Key words: health communication, public health, health behavior, behavior change communications The Bible Study for Beginners Series: Learn the Bible in the Least Amount of Time: The Bible, Bible Study, Christian, Catholic, Holy Bible, Book 4 Bible Brain Teasers for Adults (4 Book Set includes:Bible Crossword Puzzles;Bible Games;Bible Quizzes & Puzzles;Bible Word Search Puzzles) Bible For Men: Great Bible Stories For Men You Are Your Own Gym: The Bible of Bodyweight Exercises Bodybuilding: Gym Bible: 48 Best Exercises To Add Strength And Muscle (Bodybuilding For Beginners, Weight Training, Bodybuilding Workouts) (Bodybuilding Series Book 1) The Harvard Medical School Guide to Men's Health: Lessons from the Harvard Men's Health Studies (Well-Being Centre = Centre Du Mieux-Etre (Collection)) My Little Bible Box: Little Words of Wisdom from the Bible; Little Blessings from the Bible; Little Psalms from the Bible Hi! I Am Noah, Noah, Beginner's Bible Story Book, Noah and the Ark, Noah and the Flood, Board Book, Bible Hero from the Favorite Bible Character Series (Bible Figure Books) The Complete Parallel Bible with the Apocryphal/Deuterocanonical Books: New Revised Standard Version, Revised English Bible, New American Bible, New Jerusalem Bible BIBLE: How You Study And Find The Hidden Secrets Within The Bible, The Beginners Guide To Understanding The Old Law Jesus Teaches, The Universe Laws Jesus ... The Bible, Law Of Attraction, Bible Study) Easter Kid's Audio Bible-Free Easter DVD a 2nd Free Audio Bible on MP3-Bible Stories for Kid's-Bible Stories for Children with 103 Kid's ... Home School Curriculum 15 Audio CDs-1MP3-1DVD Men of the Bible: A One Year Devotional Study of Men in Scripture

Contact Us

DMCA

Privacy

FAQ & Help