



101 Workouts for Men: Build Muscle, Lose Fat & Reach Your Fitness Goals Faster

By Michael Berg, Muscle and Fitness Magazine

Triumph Books. Paperback. Book Condition: new. BRAND NEW, 101 Workouts for Men: Build Muscle, Lose Fat & Reach Your Fitness Goals Faster, Michael Berg, Muscle and Fitness Magazine, This superb volume offers readers a programme of rapid-fire core workouts for those seeking to begin a fitness regime based around weight training, as well as for anyone wishing to expand, freshen-up, and enhance their current training. "101 Workouts" is packed full of illustrated, step-by-step exercises for both novices and seasoned weight trainers. It also includes expert information on personalising your workout, the concepts of fitness, and nutrition. This is a one-stop volume for anyone looking to get fit and enjoy themselves at the same time.



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