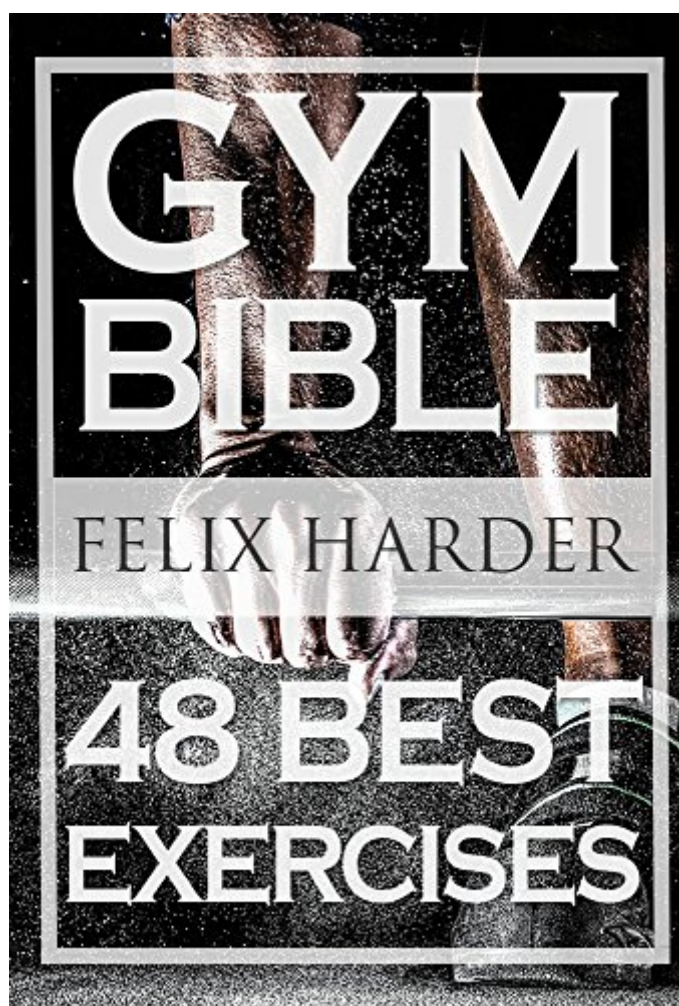


The book was found

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

I didn't actually read this whole book. It is well laid out and easy to understand. It is VERY basic though, so really only for someone new to weight lifting.

I'm a completely beginner and really had no idea about how to effectively build muscle and what to do in terms of work outs. This book is fantastic and has helped me build a foundation and starting base for my workouts and journey to achieving the body I want!

Like many others have said, this book is great for beginners. You might want to skip it if you have some weight lifting/gym experience though. The book itself is pretty well laid out, and it has a good set of exercises to help with workouts. I was a bit disappointed when I first went through it, but then I found that it makes a good reference point for whenever I want to mix up my workouts with different exercises.

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!

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.

This book has changed my life for the best! It's been along time since I was able to actually look forward to picking a book up in reading it. I have incurred several people to invest in this book and they feel the same way

I've decided to hit the gym again. I bought this book to be more aware of the right thing to do in the gym. I am a little afraid to be injured again because of wrong program. This book is very helpful for me, the content is very easy to follow unlike other books. The images is so much helpful too. I would recommend this book to beginners, this book will help them to avoid injuries and they would know the right things to do when they workout.

I've too much fat in my body but I wish to be a muscled person. So in search of some strategies I've purchased this book and after finishing this I learned a lot about making body stronger. The exercises given in this book are very easy to follow. Some of them are timeless and have been performed by bodybuilders for decades. I'm following this book. Hope it will help you to have your desired body structure.

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