



The Body Sculpting Bible for Men, Third Edition

By James Villepigue, Hugo Rivera

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NEW EDITION FEATURING THE 14-DAY BODY SCULPTING WORKOUT AND MORE! It's body sculpting at its best--the best exercises and the best training schedule out there, anywhere. Also includes a complete nutrition guide and diet plan for maximum results.

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The Body Sculpting Bible for Men, Third Edition is now bigger and better than ever! Now with updated and revised material, it contains all the original detailed exercises that made it a best-selling phenomenon, plus:

- New Rapid Body Sculpting Workouts and Bodyweight Workouts
- Six new diet plans, including milk-free and ovo-lacto-vegetarian diets
- Even more tips and helpful information to keep you motivated and help you reach your fitness goals

This comprehensive guide includes not only exercises but also nutritional tips, psychological tricks, meal charts, workout graphs, different fitness plans, the inside scoop on bodybuilding supplements, advice on keeping fit while traveling, and weightlifting information for teens and seniors.

The 14-Day Body Sculpting Workout for Men drives your body hard in two-week increments so the workout never stays the same for long and the results—washboard abs, a chiseled chest, big guns, broad shoulders, and tight buns—just keep on coming.

The Body Sculpting Bible for Men, Third Edition is the gold standard for body sculpting. It's everything you've ever wanted in a fitness book and everything you've ever wanted in a training regimen—and it will give you everything you've ever wanted in a body.

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Editorial Review

About the Author

Hugo A. Rivera is an ISSA Certified Personal Trainer, engineer and international best selling fitness author with over 20 years of bodybuilding experience. He is also the *New York Times* About.com Guide to Bodybuilding and continues to educate others on how to use bodybuilding in order to achieve their goals.

James Villepigue is a bestselling fitness author of 23 books. He is a nationally certified personal trainer and Certified Strength & Conditioning Specialist, under the National Strength & Conditioning Association (NSCA-CSCS). He has been educating and motivating people for over 20 years.

Users Review

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Willie Long:

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