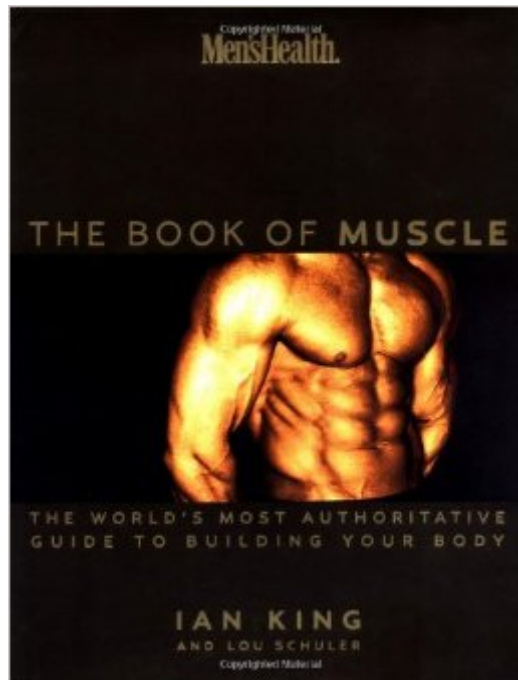


The book was found

Men's Health: The Book Of Muscle : The World's Most Authoritative Guide To Building Your Body



Synopsis

Men's Health The Book of Muscle by Lou Schuler and Ian King is the World's Most AUTHORITATIVE Guide to Building Your Body You probably know a lot about building muscle. You know which curl is the best for your biceps, you do every possible exercise for your abdominals, and your 20-set bench-press routine is the envy of everyone in the gym. So why haven't you gotten the results you want? This book has the answer. In fact, it probably answers every question you've ever asked about how your muscles work: What makes them grow? What makes them show? Why didn't that champion bodybuilder's routine work for you? But The Book of Muscle does more than just explain how your muscles work. It also gives you comprehensive muscle-building programs from a world-class trainer. Ian King has spent 2 decades as strength coach to world-champion and Olympic athletes. He is in wide demand as a lecturer on athletic preparation and physique development, and he is a popular contributor to Men's Health magazine and T-mag.com, the most popular bodybuilding Web site on the planet. Now, for the first time, he brings his extraordinary knowledge and unique muscle-building systems to a book meant for regular guys who like to work out and want to see better results than they've gotten from conventional programs. Here's what you get from The Book of Muscle that you can't get from any other book: Three complete 6-month, progressive workout programs created by Ian King to optimize muscle growth by juxtaposing opposing muscle actions Ian King's revolutionary training-age system to help you determine which program is right for you Complete abdominal training that ensures you'll not only get that coveted six-pack but also develop the muscles that prevent injuries and produce better performance on the field--any field Vital advice on warming up, stretching, and recovering between workouts The latest and best information on how you need to eat to make your muscles grow If you've never before bought a workout book, this should be your first. And if you've tried all the others, this is the one that finally delivers everything you have ever wanted to know but couldn't find in one place.

Book Information

Hardcover: 364 pages

Publisher: Rodale Books; Edition Unstated edition (October 17, 2003)

Language: English

ISBN-10: 1579547699

ISBN-13: 978-1579547691

Product Dimensions: 8.7 x 1 x 11.3 inches

Shipping Weight: 3.4 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 starsÂ Â See all reviewsÂ (173 customer reviews)

Best Sellers Rank: #122,759 in Books (See Top 100 in Books) #157 inÂ Books > Health, Fitness & Dieting > Men's Health > General #199 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Weight Training #4648 inÂ Books > Sports & Outdoors

Customer Reviews

In many respects this is the perfect first book for someone looking to get into regular exercise. More than most other books in the genre, this one seems to have more than a modicum of scientific understanding backing it. The first sections set the tone, going over the actual science of muscles, why they get bigger, and how. The authors know their audience, though, and don't overdo the science. However, if you are going to lift weights then you need some level of understanding of what things work and why. This first section gives you that. I personally would have liked to see more scientific detail and references but understand that that probably would alienate large chunks of their target audience. After that primer you get introduced to the major muscles and the exercises that target them. There are also sections on diet, warming up, and stretching. While none of these sections are comprehensive, and many have been done better elsewhere, they are done well enough here that it makes the book a viable one stop shop for beginners. Before you rush out and buy this, though, there are few caveats. One, the book does not cater to the home exerciser. Depending on how well stocked your home gym is and how creative you are with coming up with replacement exercises this might not be a big deal, but the exercises DO assume access to barbells, dumbbells, and a machine. Two, some of the exercise descriptions are lacking detail or, in a few cases, plain wrong. The upright row, for instance, shows a form -- bringing your elbows way above parallel -- that most trainers and researchers caution against because it causes shoulder injury in many people. I would expect the world's most authoritative guide to at least mention this.

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

Men's Health: The Book of Muscle : The World's Most Authoritative Guide to Building Your Body
Weight Training: Muscle by Science: Your Simple Guide to Building a Muscular and Powerful Body
(Build Muscle, Get Stronger, Workout, Gain Mass, Build Size, Gym, Weight Lifting, Exercise, Fitness)
The Bodybuilding Cookbook: 100 Delicious Recipes To Build Muscle, Burn Fat And Save Time (The Build Muscle, Get Shredded, Muscle & Fat Loss Cookbook Series)
Body Language: Body Language Training - Attract Women & Command Respect, by Mastering Your High Status
Body Language (Body Language Attraction, Body Language ... Language Secrets, Nonverbal Communication)
Bigger Leaner Stronger: The Simple Science of Building the Ultimate Male Body

(Bodybuilding Books, Building Muscle, Weightlifting, Fitness Training, Weight Training, Lose Fat Book 1) BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) The Shredded Chef: 120 Recipes for Building Muscle, Getting Lean, and Staying Healthy (Second Edition)(The Build Healthy Muscle Series) Muscle Myths: 50 Health & Fitness Mistakes You Don't Know You're Making (The Build Muscle, Get Lean, and Stay Healthy Series Book 3) The Men's Fitness Exercise Bible: 101 Best Workouts to Build Muscle, Burn Fat, and Sculpt Your Best Body Ever! Detox The Body: How To Detox Your Body For Fast Weight Loss (detox health, juicing, cleanse, diet, plan, foods, eating, naturally, juice, body mind soul, essentials, drinks, guide, book) The Ultimate Guide To Vegan Bodybuilding & Nutrition: How To Build Muscle With A Vegan Life Style, Eating Your Favorite Food (Vegan Bodybuilding, Vegan ... Smoothies, Vegan Lifestyle, Vegan muscle) Medical School Admission Requirements (MSAR) 2010-2011: The Most Authoritative Guide to U.S. and Canadian Medical Schools (Medical School Admission Requirements, United States and Canada) Intermittent Fasting: Everything You Need to Know About Intermittent Fasting For Beginner to Expert - Build Lean Muscle and Change Your Life (Lean Lifestyle, Lean Muscle, Lose Fat) Ultramodern Nutrition for Squash Teachers: Teaching Your Students Advanced RMR Techniques to Improve Hand Speed, Reduce Muscle Soreness, and Accelerate Muscle Recovery The New Rules of Lifting For Life: An All-New Muscle-Building, Fat-Blasting Plan for Men and Women Who Want to Ace Their Midlife Exams BODY LANGUAGE : Decoding Alpha Male Body Language, Instantly Attract Any Woman Without Saying a Single word. (Body Language 101, Alpha male, Attract woman, ... Seduce Women, Eye Contact, Body Language) CARDIO SUCKS: The Simple Science of Losing Fat Fast...Not Muscle (The Build Muscle, Get Lean, and Stay Healthy Series Book 4) Pilates and Bodyweight Exercises: 2-in-1 Fitness Box Set: Shred Fat, Look Great (Pilates Exercises, Bodyweight Exercises, Fitness Program, HIIT Program, ... Muscle Building, Lean Body, Total Fitness) Thinner Leaner Stronger: The Simple Science of Building the Ultimate Female Body (The Build Muscle, Get Lean, and Stay Healthy Series) Bone Broth Breakthrough: Transform Your Body with Bone Broth Protein, the Ultimate Food to Support Gut Health, Metabolism, Lean Muscle, Joints and Glowing Skin

[Dmca](#)