



The Men's Fitness Exercise Bible: 101 Best Workouts to Build Muscle, Burn Fat, and Sculpt Your Best Body Ever!

By Sean Hyson C.S.C.S., the Editors of Men's Fitness

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Build muscle, burn fat, and sculpt the body you want—wherever, whenever you want—with the world's most respected fitness experts as your personal trainers.

THERE ARE NO MORE EXCUSES

With *The Men's Fitness Exercise Bible*, you will always have time to get in great shape—even if you only have no time at all. You will always have the equipment you need—even if you have no equipment at all. You will never grow bored or stop seeing progress—and your workout will never become routine.

Whether you have access to an upscale gym or just a dumbbell in your garage, whether you're an elite athlete or a complete beginner, there's a workout in this book—101 of them, in fact—that will get you bigger, stronger, and leaner. Discover how to accomplish in 8 minutes what most people do in 80—because top exercise pros give you *only* the most effective and efficient workouts in the world. *The Men's Fitness Exercise Bible* gives you:

- Routines for barbells, dumbbells, bands, machines, a suspension trainer, and body weight alone
- Muscle and strength building full-body workouts, plus body-part-specific, and upper/lower split routines
- Fat-burning, heart-strengthening cardio workouts for all the most popular machines—treadmill, elliptical trainer, stationary bike, rower, and more
- Expert programming from the world's best trainers, including explanations of how the workouts were designed to build muscle, burn fat, or increase endurance so you learn what works and why
- Over 1000 different exercises with complete descriptions so you master perfect form
- Complete, scientifically proven nutrition plans for muscle gain and fat loss

No matter where you are, no matter what your goals, the perfect workout is at your fingertips. *The Men's Fitness Exercise Bible* will keep you burning fat, sculpting new muscle, and making great gains for life.

Discover how to make the world your gym!

Praise for *The Men's Fitness Exercise Bible*

“This reminds me of training I did in my early bodybuilding days in Austria. Simple programs like this have always worked and always will. Sean has put together a fantastic collection of workouts.”—**Arnold Schwarzenegger, 7-time Mr. Olympia, Governor of California, and terminator**

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Editorial Review

Review

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About the Author

Sean Hyson is the Group Training Director for *Men's Fitness* and *Muscle & Fitness* magazines. A Certified Strength and Conditioning Specialist (C.S.C.S.), he has been writing about exercise and nutrition for more than a decade. He lives in New York City, and can deadlift 500-plus pounds.

Users Review

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Charlie Bowers:

This The Men's Fitness Exercise Bible: 101 Best Workouts to Build Muscle, Burn Fat, and Sculpt Your Best Body Ever! book is simply not ordinary book, you have it then the world is in your hands. The benefit you receive by reading this book is actually information inside this book incredible fresh, you will get information which is getting deeper a person read a lot of information you will get. This particular The Men's Fitness Exercise Bible: 101 Best Workouts to Build Muscle, Burn Fat, and Sculpt Your Best Body Ever! without we realize teach the one who reading through it become critical in pondering and analyzing. Don't end up being worry The Men's Fitness Exercise Bible: 101 Best Workouts to Build Muscle, Burn Fat, and Sculpt Your Best Body Ever! can bring when you are and not make your tote space or bookshelves' come to be full because you can have it in the lovely laptop even phone. This The Men's Fitness Exercise Bible: 101 Best Workouts to Build Muscle, Burn Fat, and Sculpt Your Best Body Ever! having good arrangement in word as well as layout, so you will not experience uninterested in reading.

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