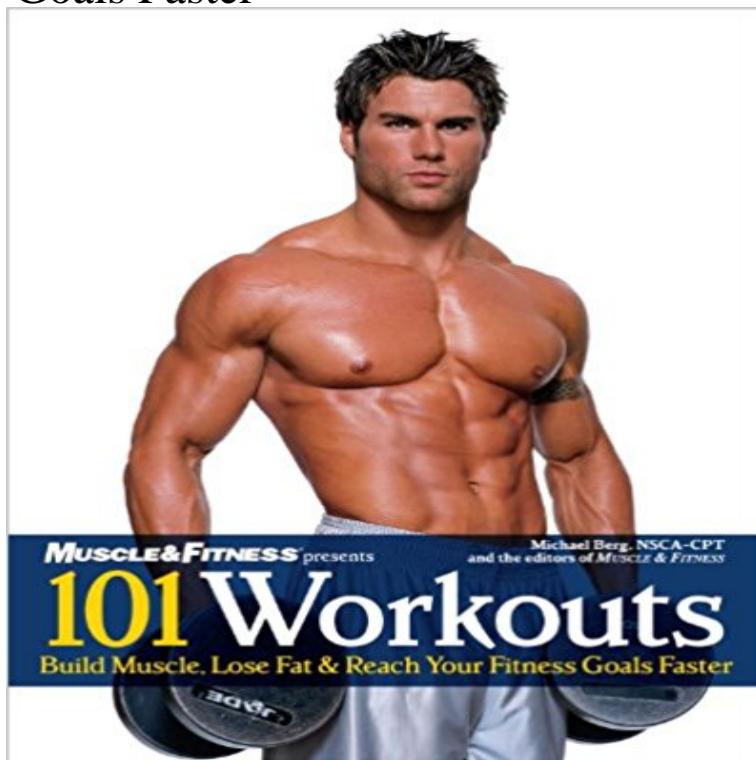


101 Workouts For Men: Build Muscle, Lose Fat & Reach Your Fitness Goals Faster



Muscle & Fitness magazine has provided a program of rapid-fire core workouts for those seeking to get moving on a weight-training fitness program or for those who wish to expand, freshen-up, and enhance their workout regimen. There are 101 photo-illustrated workouts that allow enthusiasts the opportunity to glance at the photo during a workout to check their faithful following of the routine. Whether a novice or an experienced weight trainer, the chapters offer different programs for levels of progress as well as a guide to designing personalized workout systems. Moreover, fitness and well-being are considered with a presentation on cardio primer and a feature on basic fitness nutrition as well. 101 Workouts For Men provides a complete one-stop get-fit package for fitness enthusiasts.

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