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THE MEN'S HEALTH BODYBUILDING BIBLE: THE COMPLETE NATURAL GUIDE TO SCULPTING MUSCLES THAT SHOW



Rodale Incorporated. Paperback. Book Condition: new. BRAND NEW, The Men's Health Bodybuilding Bible: The Complete Natural Guide to Sculpting Muscles That Show, Tyler English, By far the most popular topic among "Men's Health" magazine readers is muscle building. Young or middle-aged, men equate muscle with power, success, and sexual attractiveness. And a new generation of young men is hungry for a definitive guidebook that shows them the steps to the bodybuilding stage. For decades, the seminal work has been Arnold...

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- Authored by Tyler English
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