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The Men's Health Big Book Of Exercises: Four Weeks To A Leaner, Stronger, More Muscular YOU!



Synopsis

The Men's Health Big Book of Exercises is the essential workout guide for anyone who wants a better body. As the most comprehensive collection of exercises ever created, this book is a body-shaping power tool for both beginners and longtime lifters alike. From start to finish, this 480-page muscle manual bulges with hundreds of useful tips, the latest findings in exercise science, and cutting-edge workouts from the world's top trainers. Inside The Men's Health Big Book of Exercises you'll find 619 exercises expertly demonstrated with color photographs, with dozens of movements for every muscle in your body, including:

- * More than 100 core exercises! You'll never run out of ways to sculpt your six-pack.
- * 74 biceps, triceps, and forearm exercises: Build your arms faster than ever before.
- * 64 chest exercises, and featuring dozens of variations of the pushup and bench press.
- * 103 back exercises, so you can carve a v-shaped torso.
- * 40 shoulder exercises, for a tank-top worthy torso.
- * 99 quadriceps and calves exercises, to help you jump higher and run faster.
- * 62 glutes and hamstrings exercises, for a more powerful, athletic body.

From cover to cover, you'll quickly see that there's a training plan for every fitness goal—whether you want to shrink your hip, find your abs, or shape your arms. Highlights include:

- * **The World's Greatest 4-Week Diet and Exercise Plan** Lose 10 pounds of pure fat in 30 days! This scientifically proven plan, based on research from the University of Connecticut, shows what's truly possible when you combine the right kind of diet with the right kind of exercise. You'll build muscle and lose fat faster than ever.
- * **64 Ways to Add Inches to Your Arms** You'll learn how to mix-and-match the 12 best biceps exercises to create scores of sleeve-busting routines. The upshot: You'll never get stuck in a muscle-building rut again!
- * **The Get Back In Shape (Fast!) Guide** If you've never even picked up a weight, you'll want to try this plan from Joe Dowdell, C.S.C.S. Joe makes his living training celebrities, cover models, and professional athletes, such as NBA stars Troy Murphy and Mike Dunleavy. And the strategies he uses when designing workouts for his high-profile clientele are the same ones he employs to help you burn fat, build muscle, and get back in shape.
- * **The Ultimate Fat Loss Plan** You might call this the six-pack workout. That's because it's designed to help you finally finish off the flab that's hiding your abs. Created by Bill Hartman, P.T., C.S.C.S., a top fitness advisor to Men's Health, it's based entirely on the new science of fat loss. From the sets to the reps to the rest, every part of this workout is designed to optimize your body's ability to burn away belly-fat. And:
- * **Boost Your Bench Press by 50 Pounds in 8 Weeks** World-class powerlifter Dave Tate shares the strategies that helped him lift a personal best of 610 pounds
- * **Triple Your Chinups in 6 Weeks** Use this simple routine that to master one of the world's greatest muscle-building exercises
- * **Add 4 to 10 inches to Your Vertical Leap** This high-flying plan from strength coach Kelly Baggett will have you jumping out of the gym in

no time* The Beach Ready Body WorkoutGet-strong to get-bigâ ”this 8-week plan shows you how* The Wedding WorkoutLook greatâ ”just in time for the big day (and your honeymoon!) * The Best Sports WorkoutTrain like an athlete, look like an athlete * The Scrawny to Brawny WorkoutPack on muscle fast: your 4-week plan* The Best Workouts for a Crowded GymSculpt a lean, fit bodyâ ”no waiting! * The Best Bodyweight WorkoutsTake your workout anywhere with these no-weight routines* The 10 Best 15-Minute WorkoutsBust stress, blast fat, and build muscle in almost no time * The 7-Minute Back-Saving WorkoutEnd low-back pain for good! Â Plus:Every page of The Menâ ™s Health Big Book of Exercises is filled with the fitness and nutrition tips and tricks you need to sculpt the body you want. Throughout the book, you'll discover: * The secret to burning 40 percent more fat.* The 18 muscle mistakes you should never make* The best stretch for every muscle* The fastest cardio workout of all-time (just 4 minutes!)* The best exercises you've never done* The 8 healthiest foods you aren't eating* The 4 surprising foods that build muscle* The 25 super snacks that keep you lean* The 5 biggest nutrition myths, busted* The truth about saturated fat* The perfect foods to fuel your workouts* The complete guide to protein powders* The 20 ways lifting weights helps you look great, stay healthy, and live longer

Book Information

Paperback: 480 pages

Publisher: Rodale Books; 1 edition (December 22, 2009)

Language: English

ISBN-10: 1605295507

ISBN-13: 978-1605295503

Product Dimensions: 8 x 1 x 8.4 inches

Shipping Weight: 2.5 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 starsÂ Â See all reviewsÂ (422 customer reviews)

Best Sellers Rank: #9,696 in Books (See Top 100 in Books) #15 inÂ Books > Health, Fitness & Dieting > Men's Health > General #19 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Weight Training #43 inÂ Books > Science & Math > Biological Sciences > Anatomy

Customer Reviews

While this book is marketed as the end-all of training books that gives every exercise you need along with sensible workout and nutrition plans, it falls a bit short of that promise.It does have a TON of exercises with pictures and tips on how to do them correctly, and thus, it's a good reference book. The organization of the exercises, however, is poorly executed. While they appear in their proper

categories, such as "back," there are no further details about the many exercises that follow as to which particular parts of the back that the exercises target. It also doesn't indicate which exercises are compound, mass-builders, which are isolation exercises, and which are in the middle. Unless you really know what you're doing, you won't know what exercises to do and why. The workout programs given in the book seem to be thrown together kind of haphazardly, and while they'll keep you "busy" in the gym and are better than being completely random, they're not the most effective in terms of building muscle and getting stronger. If you get bored of routines easily, you might like the fact that there are many variations that you can do for each muscle group. The nutritional section calls for a diet high in protein, moderate in fats, and low in carbs. This is fine for losing weight if done correctly, but definitely is not optimal for building muscle. Scientific studies have clearly shown the connection between high carb intake and building muscle. In fact, if you don't eat enough carbs, you'll not only be short on the glycogen necessary for muscle synthesis, you'll have a VERY hard time eating enough overall calories to build any appreciable amount of muscle.

The concept of Men's Health Big Book of Exercises is great: collect hundreds of exercises, group them by muscle group and add some background information and nutritional advice. There you go: the workout manual to make all others obsolete. But despite the lyrical reviews posted here, I found this book disappointing. In short: the collection of exercises is great, but the way they are presented is not optimal. A serious framework to construct your own training plan is absent and the nutritional information is downright silly. EXERCISES What I liked about this book is the sheer number of exercises; they are the reason I continue to use this book every now and then. Each exercise comes with at least one clear picture and has some handy little performance tips scattered around. However, this being the main event of the book, there are a number of omissions that I would consider flaws. First, there is no connection between the discussion of the anatomy in the beginning of each section and the exercises. It's great that you are shown the different muscles that make up the back, but in the 60 or so exercises that follow, there is no way of finding out which muscle or part thereof is targeted by which exercise. Also, if you give 15 variations of one particular exercise, it would have been logical to mark the variations in terms of level of difficulty. No such luck. Basically, the book first gives some fairly detailed information on an entire muscle group (albeit with some less than great illustrations), but then simply dumps a long list of exercises on you.

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