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



Synopsis

Revised edition includes 100 new exercises! 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 long-time lifters alike. This book contains hundreds of useful tips, the latest findings in exercise science, and cutting-edge workouts from the world's top trainers. Backed by the authority of Men's Health magazine, this updated and revised edition features 100 new fat-loss exercises in 20 workouts designed by BJ Gaddour, Fitness Director of Men's Health, and 1,350 photographs, showing movements for every muscle and a training plan to match every fitness goal.

Book Information

Paperback: 560 pages

Publisher: Rodale Books; Rev Upd edition (October 25, 2016)

Language: English

ISBN-10: 1623368413

ISBN-13: 978-1623368418

Product Dimensions: 8 x 29.2 x 215.9 inches

Shipping Weight: 3.6 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 458 customer reviews

Best Sellers Rank: #16,464 in Books (See Top 100 in Books) #27 in Books > Health, Fitness & Dieting > Exercise & Fitness > Weight Training #351 in Books > Sports & Outdoors

Customer Reviews

Adam Campbell is the fitness director for Men's Health and a National Magazine Award-winning writer. He holds a master's degree in exercise physiology and is a NSCA-certified strength and conditioning coach. Campbell has appeared on Good Morning America, The Early Show, and VH-1.

Great book! If you are looking to vary your workouts and exercises or hit a plateau, this is definitely the workout book for you! When you get this in the mail, you will also be surprised how thick this book is--the spine is two fingers thick and it is 551 pages of color photos. PHOTOS AND EXPLANATIONS OF EXERCISES Lots of workouts with easy to understand photos AND explanations. Relies on both photos and description to explain what you need to feel as you do the movement/exercise. This is very helpful because it explains where you need to squeeze or pull to help exercise the muscle properly. There is an index in the back to help find the exercise or muscles you are looking for

too!**HELPFUL INFORMATION AND VARIATIONS**The book also provides tidbits on the side which are helpful, such as building muscle by doing certain variations. For example, there are 25 variations and combinations for biceps which you can do for a simple dumbbell curl to work different portions of your biceps! You can use them all to get a fuller shape, which is great to work into a rotation.**MUSCLE DIAGRAMS**Additionally, there are muscle diagrams which help you both learn about the muscles you are work. But it also helps you identify what you want to build. If you do not know what muscle it is that you want to grow bigger or stronger, you can go to the muscle diagrams at the front of the chapter to get the name (which is clearly pointed out and explains what it does and what movements target it). Then you can go into the chapter and look for the exercise which works that muscle. For example, ever wonder what that muscle is at the bottom of your biceps that connects to your forearm area? How to work that? It is called the brachioradialis, and you can now go into the chapter and look for exercises that target it!**THOROUGH BODYWEIGHT EXERCISES**If you are in an apartment or don't have time to get to a gym some days, there are great bodyweight exercises. This section is thorough and can be done at home, in the office at lunch, or while away on vacation. Most use minimal furniture too, so you can really do most of the exercises with nothing but you and a floor.**WORKOUT ROUTINES**Not only does this book have just workouts, but it also has some great workout routines for different goals. There are routines are generally broken down for strength building, endurance, and fat-burning. There are also routines to do at home with minimal equipment, such as just dumbbells, which will really challenge you and make a difference such as spartacus or the wheel. Many of the workouts also explain how you can vary them too to make them easier or harder.**NUTRITION AND MEALS**There is also a section about nutrition and healthier eating for your hard workouts. This is also helpful and gives meal plans, but I wouldn't say it is anything you could not find online. If you are an absolutely beginner and don't know where to look, this will certainly help!

This book has been hugely helpful for getting back into working out. I bought it thinking it would be a great guide for picking different exercises for each muscle group. I was pleasantly surprised to find it also has some very helpful workout plans included as well. I'm 4 weeks into one of the 12 week plans and really enjoying it. Highly recommended. Wish I had this sooner.

Such a great resource for creating your own custom work out. This book offers great quality images that show the movements and is organized well. The greatest part is that this book shows you a large number of variations per work out (free weights, bands, balls, machines, etc.) If you're serious

about stepping up your workout, you can't find a better resource for the money.

Let me begin by saying that I have been scrawny my whole life. Like the guy you laugh at. No longer. This book has something for everyone, even the skinny guy like me. There are a number of prescribed workouts, and the scrawny to brawny has been good for me. With only dumbbells, barbells, a weight bench, pull up bar, exercise mat, and this book, I feel great. The book presents the basic exercises for each muscle group, then multiple variations. Stop looking at the others and buy this one.

Amazing book with a myriad of exercises with accompanying explanations & illustrations;
kudos! Meir Charash MSW and Certified Fitness Trainer Jerusalem; Israel Facebook -
IntegrativeFitnessMeir

This book changed my life from the way I exercise to the way I eat. With the amount of exercises and variations of exercises in this book you will never get bored of your routines. If you're looking for a book to get back into shape or to stay in shape and up your game this is the one, hands down.

This book is great! I just became a Certified Personal Trainer and it's already helping in building programs for my clients. There is great variety and every body part is covered. They give progressions and regressions as well, which is helpful if you don't necessarily know this stuff. Great for someone who doesn't know how to work out and even good for someone like me, who does know how to workout, but forgets specific exercises and also looks to try new moves.

This book is central to my efforts to stay in shape. It is well written and full of useful advice, not only on how to do exercises correctly but also on how to get progressively get stronger and on how to take charge of your diet. I cannot recommend this book enough, both for young men and for oldsters like myself who have passed 50 years old.

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