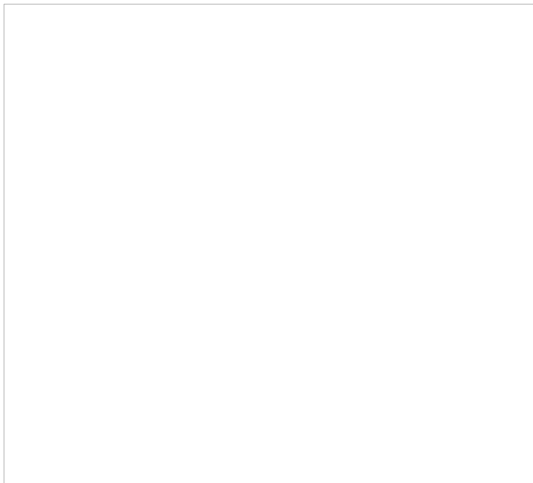


# [PDF] The Body Sculpting Bible For Men

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**Books Details:**

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**Description:**

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**About the Author James Villepigue** is a certified trainer and fitness counselor and former conditioning coach for the US Karate Team. He lives in Oyster Bay, NY. **Hugo Rivera**, a native of Bayamon, Puerto Rico, is a certified trainer. He now resides in Clearwater, Florida.

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It's™s body sculpting at its best—the best exercises, the best nutrition plan, and the best training schedule out there, anywhere. The Body Sculpting Bible for Men, Revised Edition is now bigger and better than ever! Now with updated and revised material, it contains all the original detailed exercises that made it a bestselling phenomenon, plus: THE WAY TO PHYSICAL PERFECTION. It's™s body sculpting at its best—the best exercises, the best nutrition plan, and the best training schedule out there, anywhere. The Body Sculpting Bible for Men, Revised Edition is now bigger and better than ever! NEW EDITION FEATURING THE 14-DAY BODY SCULPTING WORKOUT AND MORE! It's body sculpting at its best—the best exercises and the best training schedule out there, Free shipping over \$10. Outlines a training and nutrition regimen designed specifically for men and includes exercises for each area of the body as well as suggested workout schedules. Men's Health Natural Bodybuilding Bible: A Complete 24-Week Program For Sculpting Muscles That Show. 685 Pages•2013•8.15 MB•19,971 Downloads•New! than the total-body diet and workout plan revealed in Men's™s Health Natural Bodybuilding Bible The Body Sculpting Bible for Women, Third Edition: The Way to Physical Perfection. 783 Pages•2011•16.79 MB•408 Downloads•New! , visit [www.getfitnow.com](http://www.getfitnow.com). The Body Sculpting Bible for Women, Third Edition: The Practice Makes Perfect: Basic English, Premium Third Edition. 368 Pages•2019•5.59 MB•57,110 Downloads•New! A great quick-reference book on the basic exercises that are the bases for any simple exercise routine for all men. Read more. One person found this helpful. Amazon Customer. 5.0 out of 5 starsFive Stars. 1 February 2016 - Published on Amazon.com. Verified Purchase. Absolutely loved it! I'm a personal trainer, so this was really helpful to design programs for my male clients. I actually own the one for women and I love it as well!! Read more. John Greenhow. 5.0 out of 5 starsUseful. 2 August 2015 - Published on Amazon.com. Verified Purchase. Useful. The unique 14-Day Body Sculpting Workout for Men drives your body hard in two-week increments so the workout never stays the same for long and the results - washboard abs, a chiseled chest, big guns, broad shoulders, and tight buns - just keep on coming. NOTE: This title is a Bargain book. Bargain books are excess inventory or store returns from publishers that are discreetly marked with a small dot or line on the edge of the pages and, while most are in great condition, some books may exhibit minor cosmetic wear and tear. They may also have a price sticker on it from the original store it was