

One More Rep!: Lessons from the Worlds Biggest, Strongest, and Best Bodybuilders By John Little

One More Rep! ebooks online

Train with the giants of bodybuilding What if bodybuilding legends Arnold Schwarzenegger Mike Mentzer and Lou Ferrigno were your training partners can you imagine how massive ripped and strong you would be? Fitness pioneers John Little and Robert Wolff share with you the training secrets of the sport's greatest champions secrets that will jump-start your workouts transform your body and deliver muscle gains you never thought possible. **One More Rep! booklet** One More Rep! is the one-and-only book that gives you exclusive powerhouse tips from more than 60 of bodybuilding's elite covering every aspect of nutrition strength training motivation and competition. **Book one more day** Mike Mentzer gets you into the gym Arnold Schwarzenegger motivates you to keep going Lou Ferrigno shows you how to get massive Steve Reeves explains how to get your muscles symmetrical Robby Robinson gives you pointers for bigger biceps Reg Park helps you achieve killer calves Cory Everson helps you improve your flexibility And dozens more bodybuilding stars give you their best advice for pumping up One More Rep!: Lessons from the Worlds Biggest Strongest and Best Bodybuilders This turned out to be more a collection of articles than a coherent book but it was fun to read and I picked up some good workout stuff from it. **Book one more time** I'm sure there are better body building/workout books out there but I liked it. 007147515X

