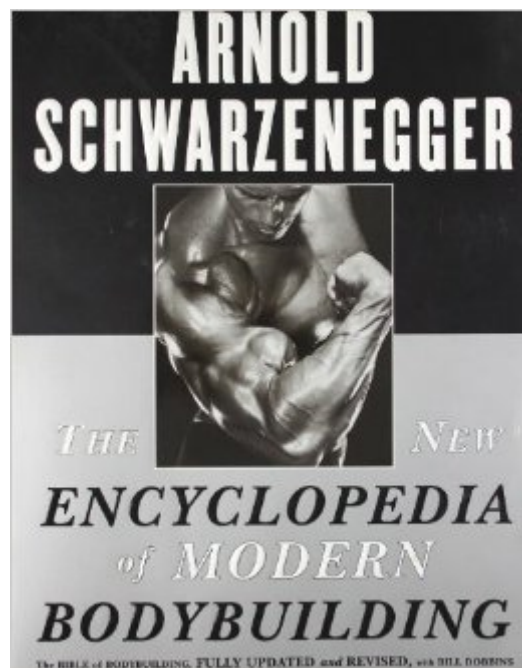


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# The New Encyclopedia Of Modern Bodybuilding : The Bible Of Bodybuilding, Fully Updated And Revised



## Synopsis

From elite bodybuilding competitors to gymnasts, from golfers to fitness gurus, anyone who works out with weights must own this book—a book that only Arnold Schwarzenegger could write, a book that has earned its reputation as the bible of bodybuilding. Inside, Arnold covers the very latest advances in both weight training and bodybuilding competition, with new sections on diet and nutrition, sports psychology, the treatment and prevention of injuries, and methods of training, each illustrated with detailed photos of some of bodybuilding's newest stars. Plus, all the features that have made this book a classic are here: -Arnold's tried-and-true tips for sculpting, strengthening, and defining each and every muscle to create the ultimate buff physique -The most effective methods of strength training to stilt your needs, whether you're an amateur athlete or a pro bodybuilder preparing for a competition -Comprehensive information on health, nutrition, and dietary supplements to help you build muscle, lose fat, and maintain optimum energy -Expert advice on the prevention and treatment of sports-related injuries -Strategies and tactics for competitive bodybuilders from selecting poses to handling publicity -The fascinating history and growth of bodybuilding as a sport, with a photographic Bodybuilding Hall of Fame • -And, of course, Arnold's individual brand of inspiration and motivation throughout

Covering every level of expertise and experience, The New Encyclopedia of Modern Bodybuilding will help you achieve your personal best. With his unique perspective as a seven-time winner of the Mr. Olympia title and all international film star, Arnold shares his secrets to dedication, training, and commitment, and shows you how to take control of your body and realize your own potential for greatness.

## Book Information

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## Customer Reviews

This book has everything you need to know about all aspects of bodybuilding. It starts with basic recommendation and training techniques for the beginner and ends with posing for bodybuilding competitions. The book is well organized, so it is very hard to get lost. In the first few pages, you will find the history of bodybuilding, but following it are the actual programs and sets of exercises that you can use for every workout. There is a beginner program, advanced program, and competition program. Each program has 2 levels of training listing exercises most suitable for each level. If you are a beginner, you can start with level 1 of the beginner training and then eventually move up as you see results. Or you can just start with a level that you see fit for your current shape, as I did. After all the programs, you will find information on how to correctly perform each of the exercises listed in training programs, all with big illustrations (you will see a lot of inspiring pictures of famous bodybuilders). You will also find many different exercises that you can use to alternate your workouts, and also nutritional programs to go with your training. Nutritional programs are divided into different levels as well. I have never used anabolic steroids, and I have no problem performing exercises listed in the book. Some of them may be hard, but not in the beginner training. That's why you shouldn't start with advanced training unless you feel comfortable. I started seeing results after as little as 2 weeks after almost no progress for last half a year before I picked up this book. Arnold's training hits all muscle groups, and some that many people simply miss/disregard, but that are essential for building the best physique.

I have been weight training for five years and can not stress enough the value of this book. For the first three years I listened to personal trainers and a few friends doing a fairly normal workout routine to change my overweight body. This produced little to no results. I met a bodybuilder two years ago that was a big Arnold fan and unknown to myself he gave me Arnold's beginner workout program. I started seeing results; however, I eventually stopped the program because I had hit stagnation. I did not have access to anything that would show me how to push my limits even further, just what "the trainers" told me again. Basically your average medium sets, medium reps, and circuit training workout programs. Enough to keep my current weight stable with the prospect of shedding a few pounds and to gain small amounts of muscle over the long term. The don't overtrain mentality 3-4 times a week! Great for some! I wanted more, I'm human. Eventually I called up my then bodybuilding "personal trainer" friend and he reluctantly revealed to me this book; "his secret", that

is actually available to everyone. I picked it up and started following Arnold's next program level. More results. I am now into the advanced programs and never felt healthier or happier with my body and can honestly say I have greater control over my physical appearance than I ever imagined possible. People that claim this book will overtrain you I do not believe have looked at the entire book or fully understand Arnold's fundamental arguments. Perhaps unfortunately they are also looking out for their own interests. We can't blame them though, they are human!

1) Comprehensiveness -There's not a single book that can boast of the same overall coverage of bodybuilding that this one can. Let's say you aim to take several college courses to assist your bodybuilding knowledge; you'd still have to take one introductory one, one in simple nutrition, one in advanced nutrition, one in general kinesiology, one in exercise physiology, one in advanced exercise physiology, and so on and so forth. The same applies to most other books. This encyclopedia, at 800 chocobloc pages, covers beginner-intermediate and mildly advanced ground comfortably and in a handy cross-indexed reference method, with additional tips thrown in from the man who brought the sport out of its shell: Arnold Schwarzenegger.2) Value for Money -800 pages at 17 bucks is a steal. I ordered this item, and with ground shipping had the cost add up to about \$21 dollars. Still cheap for an 800 page compendium!3) Above and Beyond -Aside from all the valuable textbook-style knowledge, you'll also get Arnie's own special inputs (of course updated in 1998), a nice glimpse at bodybuilding history, some tips on basic supplementation and a great section to help you if you're a competitor. The book is stacked with personal tips; chances are they'll help you pack on muscle faster than before.4) Indirect Value -The book also has an indirect value. If you're one of those people who buys muscle magazines for your routines and info, you can happily junk that nonsense. First of all, muscle magazines get kind of tiring, with their 'NEW AND HOT OFF THE SHELVES' this-and-that every month, their juiced-up routines and their annoying Muscletech ads, and, Weider-endorsed or not, they have a hell of a lot less credibility.

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