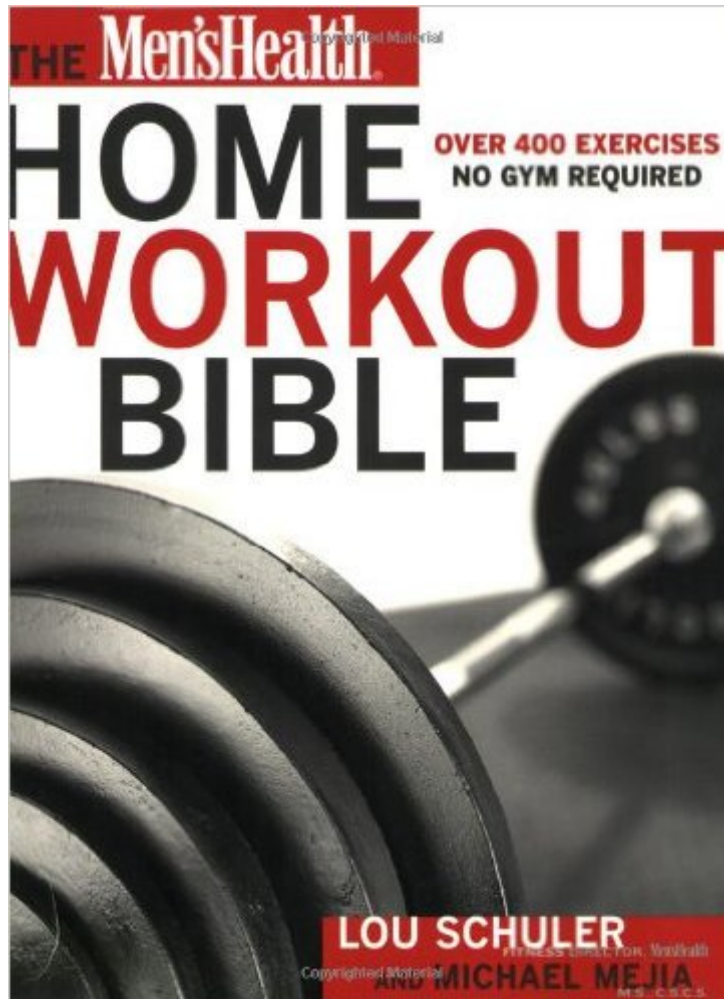


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# The Men's Health Home Workout Bible



## Synopsis

Get bigger biceps, broad shoulders, a bigger bench press, powerful legs, cut abs . . . without ever leaving your home! The body you want, in the space you have. The strength you want, with the equipment you have. The muscles you want, in the time you have. You don't need to join a gym to get in shape. In fact, for a lot of guys, the gym is an impediment to getting in shape. The crowds, the inconvenience, the intimidation, the time, the commute-- by the time you add it all up, you could end up investing 2 hours to get 45 minutes of exercise. No matter how little space you have, no matter how little equipment you have, no matter how little time you have, you can get the results you want without stepping inside a gym. The Men's Health Home Workout Bible by Lou Schuler and Michael Mejia, M.S., C.S.C.S. gives you...  
\* Four full-body muscle plans: The Body Weight Plan  
The Dumbbell Plan  
The Barbell Plan  
The Multistation-Machine Plan  
\* Custom training plans for strength, fat loss, aerobic fitness, and sports performance  
\* Buying advice for weights, benches, machines, cardio equipment, and exercise videos  
\* Complete guidelines for turning your home into a state-of-the-art fitness center  
With beginner, intermediate, and advanced full-body workouts for each type of equipment, The Men's Health Home Workout Bible gives you more than 400 exercises altogether, photographed and fully described. From pushups to power cleans, from crunches to jump squats, we show you how to get more muscle and strength at home, whether you're a complete beginner or a competitive athlete. The Men's Health Home Workout Bible is a personal trainer, on call 24 hours a day, 7 days a week.

## Book Information

Paperback: 434 pages

Publisher: Rodale Books (November 9, 2002)

Language: English

ISBN-10: 1579546579

ISBN-13: 978-1579546571

Product Dimensions: 8.4 x 1.2 x 10.8 inches

Shipping Weight: 2.2 pounds (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (101 customer reviews)

Best Sellers Rank: #302,160 in Books (See Top 100 in Books) #366 in [Books > Health, Fitness & Dieting > Men's Health > General](#) #426 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Weight Training](#) #12336 in [Books > Sports & Outdoors](#)

## Customer Reviews

This book gets high marks for making explicit what its goal is -- home workouts -- and then delivering on that. While the focus is on home workouts, it offers enough information to be useful as your primary workout book, regardless of venue. The authors offer divide the exercises into major sections, depending on what kind of equipment you have at your disposal: no weights at all (i.e. use bodyweight only and makeshift weights from things found around the house), dumbbells, barbells, and exercise machine. This is great because it makes it easy to come up with a temporary workout plan for that week you're on vacation and don't have access to your normal equipment. They tell you how to create a workout plan, taking full advantage of periodization. They include tons of exercises for you to pick from when constructing your plan. If you don't feel up to creating your own plan they offer several pre-made ones with different focuses. It isn't perfect, however, there is certainly room for improvement. When discussing individual exercises I wish they did a better job of showing how the variations affect what parts of the muscle are exercised. For instance, I think that hammer curls are supposed to work your biceps differently than standard curls but there is no mention of that kind of thing in most exercises. That inclusion would make constructing your own work out routines even easier. The structure of the book leaves a little to be desired as well. It felt that some things -- like whether to work to failure -- aren't introduced as early as they should be. The result is you really should read (or at least skim) the book from cover to cover before setting out. A little bit tighter structure would make it easier to just skip to the section you care about.

Many exercises described in this book are unique in their efficacy of strengthening and their unfamiliarity to most fitness trainers in the western hemisphere. Examples of these exercises that make this book invaluable are: 1- Behind-the-knee deadlift (named as "hack squat"). 2- Step-up with barbell on an elevated platform. 3- Overhead shoulder shrugging and overhead squat. 4- Jump squat, Good Morning, Power Clean, and Muscle Snatch. 5- Bulgarian split squat on a chair. 6- One-legged squat without weights. 7- Exercising with household objects such as a gallon of water bottle and chairs. Other positive features in the book are: 1- One of the authors demonstrates all the exercises in person, which proves his practical experience, with only few flaws such as rounded lower back during dumbbell-Clean and good morning bending. This guy carries the facial features of Al Gore, with his lack of smile and unwarranted seriousness. 2- The exercises are categorized in four major groups that simplify their applicability. These are exercises with own bodyweight, dumbbells' exercises, barbell exercises, and Plyometrics and stretches. Each group contains exercises that emphasize midsection, shoulders and back, arms, and legs. 3- The book text is simple and mostly accurate, except in few places such as the author's claim that wrist-wraps solve

the wrist pain during front-squat. This is bogus. Also, the muscle anatomy chapter is accurate and simple, showing only the superficial muscles. It omits important muscles such as the Serratus anterior, coracobrachialis, Rhomboideus, and levator scapulae.

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