<<TOTAL FITNESS GUIDE >>

图书基本信息

书名: <<TOTAL FITNESS GUIDE - MH 2006 (健康手册) >>

13位ISBN编号: 9781594863561

10位ISBN编号: 1594863563

出版时间:2006-1

出版时间:Oversea Publishing House

作者:本社编

页数:233

版权说明:本站所提供下载的PDF图书仅提供预览和简介,请支持正版图书。

更多资源请访问:http://www.tushu007.com

<<TOTAL FITNESS GUIDE >>

内容概要

We may put guys with great bodies on the covers of our magazines and books, but we know most real guys don 't look that good.

(Heck , we don ' t even look that good.

) The truth is , we know your dirty little secrets.

Maybe the only running you do is going on a beer run.

or——even if you 're in decent shape——you might not mind losing a few extra pounds, or adding some muscle to your arms, or you rabs, or your chest。

But who has the time? The energy? Or even the slightest idea where to begin to get the best results? We do. Here at Men's Health, building better bodies is what we do, day in and day out. So let US share our secrets with you.

This year 'S edition of Men's Health Total Fitness Guide is chock-full of the latest fitness and dieting strategies, SO you'll never waste your time on workouts or weight-loss gimmicks that don't work.

Whether you r ideal workout is slinging iron in the gym, running on the trail, or hitting a round of 18 with the guys, this book has tips and shortcuts to help you get fit fast.

A few highlights you 'II find inside - Get in the best shape of your life with this five-part plan - 7 truths to help you pack on muscle - Sculpt that six-pack with these 1 4 exercises - Design a custom workout around your personal fitness goals - Compete in your first half marathon with this 1 2-week training program - 50 supe~easy recipes to feed your muscles - Get outside this winter with these 6 snow sports you gotta try

<<TOTAL FITNESS GUIDE >>

书籍目录

IntroductionPART ONE: MANAGE YOUR WAIST Common Dieting Snags--Solved Eat More, Weigh Less 50 Ways to Feed Your Muscles Eat This. Not That Shake Off the Weight TRAINING TIPSPART TWO: GET FIT FAST The Five Pillars Of Fitness Make Your Workout Work Harder for You The Ultimate Total—Body Workout Make Your Cardio Count 21 Ways to Stick with a Workout TRAINING TIPSPART THREE: BUILD BIG MUSCLES Train like an Animal Seven Muscle Myths Double Your Muscle Cheaters Prosper Cardio for the Cut Guy TRAINING TIPSPART FOUR: PICK A PART Ab Salute Take UP Arms Shoulder Heavier Loads Get a leg up Back on Track TRAINING TIPSPART FIVE: RUN WILD Halfway There Blaze Any Trail Your Cross to Bear Your Magic Number TRAINING TIPSPART SIX: BE A SPORT Raise your Game Best in Snow King of the Mountain Stay in the Game TRAINING TIPScreditsindex

<<TOTAL FITNESS GUIDE >>

版权说明

本站所提供下载的PDF图书仅提供预览和简介,请支持正版图书。

更多资源请访问:http://www.tushu007.com