



Encyclopedia of Modern Bodybuilding (Pelham Practical Sports)

Arnold Schwarzenegger

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Here for the first time in one volume are all the basic and revolutionary concepts on exercise, training principles, contest preparation, diet and nutrition that have evolved into modern bodybuilding from the man who stands at the forefront of the sport. The "Encyclopaedia of modern bodybuilding" will answer every question any dedicated bodybuilder or bodybuilding enthusiast could ever think to ask. It is an exhaustive reference and instructional manual covering every conceivable aspect of the sport.

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