



## The Men's Health Home Workout Bible: A Do-It-Yourself Guide to Burning Fat and Building Muscle

*From Rodale Pr*

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### **The Men's Health Home Workout Bible: A Do-It-Yourself Guide to Burning Fat and Building Muscle** From Rodale Pr

You don't need to muscle your way in to the gym to get a great workout. While recent statistics show that strength training is one of the country's fastest-growing exercise activities, there is a corresponding rise in dollars spent on home exercise equipment. If a home workout is your style, this encyclopedic volume shows you how to get the results you want no matter what gear you own or what your experience level. Each chapter focuses on different types of equipment (dumbbells, barbells, cable station, full multistation home-gym apparatus, or even no equipment at all) with workout advice appropriate to the beginning, intermediate, or advanced weight lifter. Learn how to create a customized workout program based on your goals, equipment, and experience. Those interested in creating or expanding their home gym will find valuable consumer tips for making the wisest choices and getting the best deals.

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434 pages

From the Back Cover

Get bigger biceps, broad shoulders, a bigger bench press, powerful legs, cut abs--without ever leaving your home! *The Men's Health Home Workout Bible* 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* gives you full-body muscle plans for. . . . Body weight only Dumbbells and a bench Barbell and a bench Multistation machine Not only that, we give you beginner, intermediate, and advanced workouts for each type of equipment. You'll find 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. But we didn't stop there. *The Men's Health Home Workout Bible* also gives you . . . Custom training plans for strength, fat loss, aerobic fitness, and sports performance No-B.S. 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 *The Men's Health Home Workout Bible* is a personal trainer, on call 24 hours a day, 7 days a week. About the Author

**Lou Schuler** and **Michael Mejia**, M.S., C.S.C.S., are coauthors of the book *The Testosterone Advantage Plan*(TM). Lou is also fitness director for *Men's Health*, the world's largest men's magazine.

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