



Men's Health Total Body Workout Poster Book

Editor's of Men's Health

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Sculpt an Amazing Physique in as Little as 20 Minutes a Day!

A different kind of pinup

Men's Health magazine's legendary workout posters have appeared on some of the finest walls in America, from the home gyms of the rich and famous to the dorm rooms of the young and ambitious. Wherever muscle is built, wherever a man's thoughts turn to exercise and self-improvement, that's where you'll find these posters.

Now, for the first time, Men's Health has collected 24 posters in one book. Inside, you'll find:

- Super-effective total-body muscle-building routines for both beginner and advanced exercisers
- A total-body fat-loss workout to take inches off your waist in just 4 weeks
- Turn on the Power!, a 6-month program to add hundreds of pounds to your bench press, squat, and deadlift
- Six 20-minute workouts showing you how to pump up, lean out, or even fix a bad back in less time than it takes to watch your favorite sitcom
- An all-ab workout featuring eight unique exercises we bet you've never tried
- Our Total-Body Workout series, with 10 posters full of fresh, innovative exercises to add solid muscle to your chest, back, shoulders, and biceps

Every fully illustrated poster features easy-to-follow, simple-to-understand exercise routines designed by the top trainers and strength coaches in the world.

So what are you waiting for? With 24 classic workouts to choose from, you'll never run out of exciting, effective new routines to help make you leaner, stronger, and healthier--guaranteed!

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