



Huge: A Complete Workout Regimen from Bodybuilding's Superstars

Flex Magazine

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Taking a healthy, graduated approach, this fitness guide provides a safe plan used by competitive bodybuilders. Starting from square one, the book tackles the challenges and rewards of the lifestyle of a bodybuilder as well as the tools to succeed, and includes detailed information on everything that will come up in the process—from potential hazards, distinctions to be made for body type, and a helpful guide of what to expect in the first four weeks. From the respected bodybuilding magazine, this book is the ideal resource for any level of fitness and an interest in building a muscular physique like the champions.

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