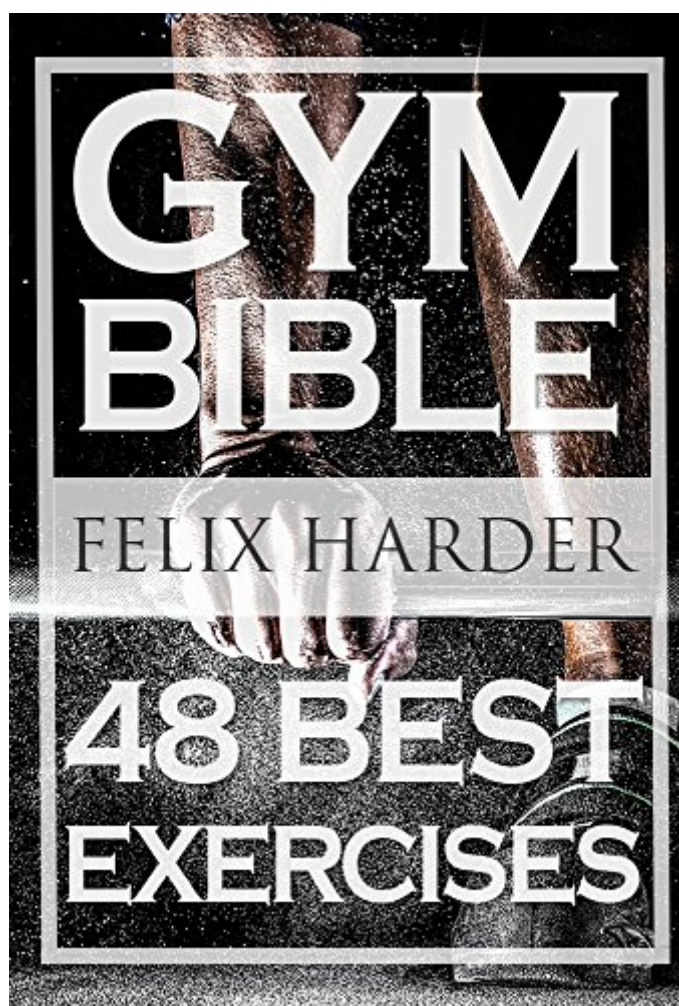


The book was found

# **Bodybuilding: Gym Bible: 48 Best Exercises To Add Strength And Muscle (Bodybuilding For Beginners, Weight Training, Bodybuilding Workouts) (Bodybuilding Series Book 1)**





## Synopsis

Want To Know What Exercises Are Proven To Make You Gain Muscle And Strength? Then This Book Is Perfect For You! It shows you the 48 best gym exercises for building strength and gaining muscle. I have included all important muscle groups (Chest, Back, Legs, Arms, Shoulders/Neck, Abs). Many of them are timeless and have been performed by bodybuilders for decades. They are proven to work and should be part of every workout routine. Each Exercise Contains:- step by step instructions on how to perform the exercise- a picture / illustration- details about the primary and secondary muscles involved- safety tips - and possible variations Avoid simply copying friends at the gym! This usually leads to injuries and long-term joint problems. To spare yourself such issues, you need to educate yourself on how to train correctly. I promise you that if you follow the advice in this book, you will increase both strength and size within a few weeks. No Fluff or Bro Science! With this guide you will build muscle faster than ever! The bottom line is you CAN get bigger and stronger with just these exercises. No need for fancy equipment or a personal trainer. **BONUS:** Buy This Guide And You Get Free Access To My Video Program "Bodybuilding For Beginners" (Kindle Exclusive) Please Note: You Don't Need A Kindle to Read this e-Book. You can Download the Free Kindle Reader to Your Smartphone, Tablet or Computer. Tags: muscle, weight training, fitness books, weight lifting, hardgainer, muscle and fitness, fitness motivation, weight lifting routines, weight lifting routines, weight lifting books, muscle building, muscle growth, bodybuilding, bodybuilding nutrition, bodybuilding diet, bodybuilding training, build muscle, training, weight training, bodybuilding books, bodybuilding nutrition, bodybuilding workouts, bodybuilding encyclopedia, bodybuilding diet books, bodybuilding arnold, bodybuilding for women, bodybuilding for beginners

## Book Information

File Size: 1675 KB

Print Length: 98 pages

Simultaneous Device Usage: Unlimited

Publication Date: December 1, 2015

Sold by: Æ Digital Services LLC

Language: English

ASIN: B018UW0HIE

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #104,197 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #10

in Kindle Store > Kindle eBooks > Medical eBooks > Basic Science > Genetics #19

in Kindle Store > Kindle eBooks > Nonfiction > Sports > Miscellaneous > Reference #46

in Kindle Store > Kindle Short Reads > Two hours or more (65-100 pages) > Sports & Outdoors

## Customer Reviews

I didn't actually read this whole book. It is well laid out and easy to understand. It is VERY basic though, so really only for someone new to weight lifting.

I'm a completely beginner and really had no idea about how to effectively build muscle and what to do in terms of work outs. This book is fantastic and has helped me build a foundation and starting base for my workouts and journey to achieving the body I want!

Like many others have said, this book is great for beginners. You might want to skip it if you have some weight lifting/gym experience though. The book itself is pretty well laid out, and it has a good set of exercises to help with workouts. I was a bit disappointed when I first went through it, but then I found that it makes a good reference point for whenever I want to mix up my workouts with different exercises.

This book really opened up the gym to me in a way that nothing I have read before has managed. It breaks down all of the different exercises available at the gym. The photos and step by step instructions make following along a synch. The problem is that when you walk into the gym and see all of the equipment you don't know where to start. By bringing along my kindle I quickly was able to find the right equipment and get my workout plan in place right away. If you have difficulty at the gym, this is the book to get you on the right road today!

I would definitely recommend this book to anyone who wants a clear and effective way to finally achieve true results in the gym. This is a very balanced book when it comes to diet and exercise, and I believe it would benefit both women and men equally. I feel this book has been the tool I need

to fuel my motivation and give me an exact map to what I need to do in the gym and outside of it, how to maximize my results. I don't think anyone who reads this and truly applies it will be disappointed.

This book has changed my life for the best! It's been along time since I was able to actually look forward to picking a book up in reading it. I have incurred several people to invest in this book and they feel the same way

I've decided to hit the gym again. I bought this book to be more aware of the right thing to do in the gym. I am a little afraid to be injured again because of wrong program. This book is very helpful for me, the content is very easy to follow unlike other books. The images is so much helpful too. I would recommend this book to beginners, this book will help them to avoid injuries and they would know the right things to do when they workout.

I've too much fat in my body but I wish to be a muscled person. So in search of some strategies I've purchased this book and after finishing this I learned a lot about making body stronger. The exercises given in this book are very easy to follow. Some of them are timeless and have been performed by bodybuilders for decades. I'm following this book. Hope it will help you to have your desired body structure.

[Download to continue reading...](#)

Bodybuilding: Gym Bible: 48 Best Exercises To Add Strength And Muscle (Bodybuilding For Beginners, Weight Training, Bodybuilding Workouts) (Bodybuilding Series Book 1) Bodybuilding: Arm Bible: 39 Best Workouts For Bigger And Stronger Arms (Bodybuilding For Beginners, Weight Training, Weight Lifting, Bodybuilding Workouts) (Bodybuilding Series Book 2) Bodyweight: Bodyweight Bible: 44 Best Exercises To Add Strength And Muscle (Bodyweight Training, Bodyweight Exercises, Bodyweight Bodybuilding, Calisthenics, ... For Beginners) (Bodybuilding Series) Bodybuilding: 48 Bodybuilding Secrets Proven To Help You Build Muscle, Build Strength And Build Mass In 30 Days Or Less (bodybuilding, fitness, strength training, bodybuilding training) Cross Training WOD Bible: 555 Workouts from Beginner to Ballistic (Bodyweight Training, Kettlebell Workouts, Strength Training, Build Muscle, Fat Loss, Bodybuilding, Home Workout, Gymnastics) Muscle Recovery: Tips for Faster Muscle Recovery, Growing Stronger Muscle and Overcoming Muscle Soreness (Muscle Growth, Muscle Soreness, Workout, Workout Recovery, Muscle Strength) Bodybuilding: The Straightforward Bodybuilding Diet Guide to Build Muscle, Build

Strength and Put On Mass Fast As Hell (Fitness, Bodybuilding Nutrition, ... diet books, weight loss, strength training) Bodyweight Training: Bodyweight Cross Training WOD Bible: 220 Travel Friendly Home Workouts (Bodyweight Training, Bodyweight Exercises, Strength Training, ... Bodybuilding, Home Workout, Gymnastics) Rowing WOD Bible: 80+ Cross Training C2 Rower Workouts for Weight Loss, Agility & Fitness (Rowing Training, Bodyweight Exercises, Strength Training, Kettlebell, ... Training, Wods, HIIT, Cardio, Cycling) SLOW MOTION WEIGHT TRAINING - FOR MUSCLED MEN & CURVIER WOMEN - FASTER MUSCLE GAIN AT HOME OR GYM - HOW TO VIDEO LINKS INSIDE (Weight Training, Bodybuilding) (HOW TO BOOK & GUIDE FOR SMART DUMMIES 2) BODYBUILDING: The Best BODYBUILDING DIET - The Most Effective Tips And Tricks You Need To Know For The Body You Ever Wanted: (bodybuilding, bodybuilding ... bodyweight train, bodybuilding nutrition) Swim Workouts for Triathletes: Practical Workouts to Build Speed, Strength, and Endurance (Workouts in a Binder) The Ultimate Guide to Weight Training for Swimming (The Ultimate Guide to Weight Training for Sports, 25) (The Ultimate Guide to Weight Training for Sports, ... ... Guide to Weight Training for Sports, 25) Memory Exercises: Memory Exercises Unleashed: Top 12 Memory Exercises To Remember Work And Life In 24 Hours With The Definitive Memory Exercises Guide! (memory exercises, memory, brain training) Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training, Puppy training, Puppy house training, Puppy training ... your dog, Puppy training books Book 3) HIIT: High Intensity Interval Training Guide Including Running, Cycling & Bodyweight Workouts For Weight Loss: Including Running, Cycling & Bodyweight Workouts for Weight Loss The Bodybuilding Cookbook: 100 Delicious Recipes To Build Muscle, Burn Fat And Save Time (The Build Muscle, Get Shredded, Muscle & Fat Loss Cookbook Series) Bodybuilding: Meal Plans, Recipes and Bodybuilding Nutrition: Know How to Eat for Strength, Muscle and Fitness Supplements: The Ultimate Supplement Guide For Men: Health, Fitness, Bodybuilding, Muscle and Strength (Fitness Supplements, Muscle Building, Supplements ... Diet, Supplements Guide, Supplem) Hockey Workout: Complete Off-Season Hockey Workout: Hockey agility & speed drills, hockey plyometric workouts, hockey core exercises, hockey weight training and anaerobic training for hockey players.

[Contact Us](#)

[DMCA](#)

[Privacy](#)

