



Strength and Physique: Neo-Classical Bodybuilding (Paperback)

By James Chan

Createspace, United States, 2008. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Design bodybuilding programs to maximize your muscle growth. This book not only provides you with an effective bodybuilding program, but it teaches you how to train for size, symmetry and strength so that you can create your own bodybuilding programs. You will learn techniques to maximize your body's natural anabolic hormones: growth hormone, insulin and, of course, testosterone. You will also understand each muscle group's personality and how to tailor your training to develop any lagging muscle group. This book is packed with specialization routines for the chest, back, deltoids, arms, quads, hamstrings and calves. SPV2 is a very dense read, and you will shortcut your learning curve by light years in the gym. Make no mistake. This program is tough physically and mentally and is meant solely for the intermediate to advanced bodybuilder looking to build a lot of muscle in all the right places.



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