

# 《TOTAL FITNESS GUIDE》

## 图书基本信息

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## 内容概要

We may put guys with great bodies on the covers of our magazines and books , but we know most real guys don ' t look that good。 ( Heck , we don ' t even look that good。 ) The truth is , we know your dirty little secrets 。 Maybe the only running you do is going on a beer run。 or——even if you ' re in decent shape——you might not mind losing a few extra pounds , or adding some muscle to your arms , or your abs , or your chest。 But who has the time?The energy?Or even the slightest idea where to begin to get the best results? We do。 Here at Men ' s Health , building better bodies is what we do , day in and day out。 So let US share our secrets with you 。 This year ' S edition of Men ' s Health Total Fitness Guide is chock-full of the latest fitness and dieting strategies , SO you ' ll never waste your time on workouts or weight-loss gimmicks that don ' t work。 Whether your ideal workout is slinging iron in the gym , running on the trail , or hitting a round of 18 with the guys , this book has tips and shortcuts to help you get fit fast。 A few highlights you ' ll find inside

- Get in the best shape of your life with this five-part plan
- 7 truths to help you pack on muscle
- Sculpt that six-pack with these 14 exercises
- Design a custom workout around your personal fitness goals
- Compete in your first half marathon with this 12-week training program
- 50 super-easy recipes to feed your muscles
- Get outside this winter with these 6 snow sports you gotta try

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## 精彩短评

1、尤其是饮食方面

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