

<<开始塑身Beginning Bodyb>>

图书基本信息

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### 内容概要

Why bodybuilding? Put simply, lifting weights--or resistance training--is one of the best ways to achieve total body health and fitness. Research has shown time and again that pumping iron provides a host of benefits: Bigger muscles, of course, but also greater strength, higher bone density, and deeper cardiovascular capacity. Adding muscle also naturally ignites your body's internal fat-burners, increasing your metabolism while lowering your blood pressure and cholesterol. Oh yeah, and you'll look terrific. Here's all you need to start building serious muscle, including crucial information on:

Complete workouts and techniques to maximize results  
Specific tips on achieving more defined abs, arms, legs, chest, and back, How bodybuilding is different and better than other training methods  
Basic anatomy and physiology “ Gym jargon ” via a special decoder  
How long and often you should work out--and how much recovery time your body needs

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作者简介

John Little has worked alongside bodybuilding's greatest champions and innovators for more than thirty years. He has created three revolutionary training techniques--max contraction training, static contraction training, and power factor training (and authored many books on the subjects). More than 150,000 bodybuilders in sixty countries use his training techniques and read his regular column in Iron Man magazine.

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书籍目录

Acknowledgments ix Introduction xi PART 1 Beginning Your Bodybuilding Journey 1 Getting Started 2 The Next Stage 3 Fewer Sets + More Reps = More Mass! 4 What About Steroids? PART 2 Adding More Muscle 5 Fast Mass The "Motionless" Workout 6 Introducing the Split Routine 7 Giant Sets 8 Training for Size and Power PART 3 Specialization and Refinement 9 Setting Up Your Year-Round Training Schedule 10 Specialization: Shoulders 11 Specialization: Legs 12 Specialization: Arms 13 Specialization: Back 14 Specialization: Chest 15 An Incredible Abdominal Routine PART 4 Keeping the Muscle Machine Primed 16 Dieting to Build Pure Muscle 17 Common Training Mistakes to Avoid 18 Questions and Answers Index

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