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Work your core and upper body with this versatile power tower. The multi-grip pull up bar allows you to complete a variety of pull up and chin up variations, while the VKR (Vertical Knee Raise) pad and grips let you work your core with knee and leg raises.

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One of the nation's elite strength and conditioning coaches presents a unique training program designed to help men achieve functional strength and muscular balance throughout their bodies For decades, the conventional measure of an individual's strength was the amount of weight he could bench press.

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Cut workout time in half and get double the results! If you're a guy with little time to work out and pounds of fat to burn, the thought of having to spend hours in the gym lifting weights and doing cardio can be a daunting proposition. Cardio Strength Training solves both problems with simple, fast, and effective workouts that incorporate challenging, muscle-building combination moves and fat-frying cardio exercises to help you kill two birds with one stone. Built on the same principles Robert Dos Remedios uses to train Division I collegiate athletes, Cardio Strength Training provides safe and innovative workouts and nutritional advice for anyone looking to drop pounds of flab and build a functionally strong physique. Every workout is no longer than 15 minutes and is built on the same training methods outlined in the highly successful book, Men's Health Power Training.

The easiest, most inexpensive way to build muscle strength, size, and power turns out to be the best, with this supremely effective guide from the world's largest men's magazine Workout fads and fitness equipment come and go, but as trainers and bodybuilders know: nothing tops a simple set of dumbbells for convenience, reliability, and versatility when you are trying to build muscles and get in shape. In Men's Health Ultimate Dumbbell Guide, Wyatt Murphy, a fitness expert and longtime contributor to Men's Health, shows readers how to use dumbbells to develop just about every part of their bodies. For anyone who believes that dumbbells can be used only for arms and shoulders, Wyatt Murphy proves them wrong. Featuring 200 photographs, Men's Health Ultimate Dumbbell Exercises demonstrates how to perform a total body workout and get maximum results. There are exercises here—lunges, squats, dead lifts, curls, shrugs, kickbacks, presses, and more—that develop abs, arms, chest, legs, and shoulders, along with innovative new ways to get the most of this versatile piece of strength-training equipment. With instructions for creating literally thousands of dumbbell exercises for the novice to advanced lifter, Men's Health Ultimate Dumbbell Exercises will be an indispensable addition to any home gym.

Men's Health Huge in a Hurry will add inches to your muscles and increase your strength, with noticeable results quickly, no matter how long you've been lifting. Author Chad Waterbury offers the most current neuromuscular science to debunk the fitness myths and conventional wisdom that may be wreaking havoc on your workouts and inhibiting your gains. Forget lifting moderate weights slowly for lots and lots of sets and reps. The best way to get huge in a hurry is to use heavy weights and lift them quickly for fewer repetitions. Waterbury's groundbreaking programs will enable you to: - Add Mass and size. Gain as much as 16 pounds of muscle in 16 weeks--and add 1 full inch of upper arm circumference in half that time! - Get stronger..fast! Even seasoned lifters can realize a 5 percent increase in strength in the first few weeks. And in 12 weeks, you can boost your overall strength by up to 38 percent. - Build power and stamina. Increase your one-rep max in your core lifts by as much as 30 percent. - Shed fat fast. Burn off up to 10 pounds of body fat, losing up to 2 pounds of fat per week. With Men's Health Huge in a Hurry, you'll not only get bigger faster, you'll do it with less time wasted in the gym and with less post workout pain and a much lower injury risk.

Men's Health magazine's #1 personal trainer delivers cutting-edge, high-intensity workouts to help you pack serious muscle and become unstoppabley fit. From the man responsible for the gym that trained the actors in the movie 300 comes cutting-edge fitness strategies, 100 workouts, and a training plan that has successfully transformed A-list actors and actresses, elite special-forces soldiers, all-star athletes, and everyday men and women. With Bobby Maximus's guidance you too can become one of the most insanely fit people the world has ever seen. The diets and workouts that promise easy results in minutes per day have tricked masses into wasting their money on false promises. Supplements, smoothies, and 4-minute workouts aren't getting people any fitter. Getting that shredded body requires real commitment and real work--and Bobby can show you how. Maximus Body features circuit-style workouts that will push you to your limits and work your whole body. With a plethora of exercises like "Don't Ask Me About Your Abs," that work your core with a combination of sit ups, push ups, pull ups, and even leg raises, you can develop an exercise routine that fits your needs. Whether you are overweight and trying to get back into shape, or a high-level athlete trying to gain that extra edge, Maximus Body offers up thousands of once-secret ways to burn fat, add lean muscle, reveal a shredded 8-pack, and build mind-bending physical fitness.

An incredible bodyweight-only fitness book written by Coss Marte, a former Lower East Side drug dealer who found purpose and inspiration in prison--by developing a kick-butt workout. ConBody is former Lower East Side drug dealer. Coss Marte's, bodyweight-only approach to fitness. Created in prison with only the space of his own cell and no equipment to work with, Coss designed a plan that helped him go from dangerously obese with a five year prognosis to losing 70 pounds and training other inmates. Before prison, Coss was flying high, dealing drugs, and making money hand over fist as a teenager. But after watching his life and those of his loved ones fall apart, he realized things had to change. Once he saw that his workout plan was not only effective, but accessible, he knew he'd found a pathway to health and ultimately to a new life. When he left prison, he returned to the Lower East Side where any betting person would tell you he'd be back slingng crack in no time. But instead he worked out in his old hangouts and gained a small following that turned into an acclaimed business winning entrepreneurial awards and the support of Shark Tank's Barbara Corcoran. Coss's method works. Just ask the thousands of clients who attend his classes. These exercises are for anyone, anywhere. Male, female, rich, poor, all you need is yourself and the space of a jail cell to get to work. It's perfect for busy lifestyles on the go and can be done in hotel rooms, small apartments, and in your backyard. With fun, engaging exercises, ConBody will help you get and stay healthy.

Outlines a series of straightforward, 15-minute workouts that combine fat-burning and muscle-building movements for men who want to progress more quickly, in a reference by an award-winning coach that is complemented by nutritional guidelines. Original.

A new kind of fitness book: a celebration of muscle; an exploration of muscle; and a regime for building muscle."Muscle", devised and produced by the editorial team of Men's Health magazine, explains and illustrates how your muscles operate:- shows you how your muscles are built systemically and how hormonal factors contribute to muscle growth:- tells you the truth about muscle-building possibilities:- presents total muscle-building programmes:- and demonstrates workouts that work wonders.This stunning book is packed from cover to cover with beautiful, hard-body photographs that blur the boundaries between art and reference.

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