



Bodybuilding: The Complete Guide to Building Muscle and Complete Fitness: A Step By Step Bodybuilding Guide for Men and Women

Ronald Barker

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Do you have a dream of being a bodybuilder one day? Are you trying to find out how to get started with bodybuilding? "Bodybuilding: The Complete Guide to Building Muscle and Complete Fitness" helps the reader to learn what bodybuilding is and what needs to be done to get started in a bodybuilding program. As the book goes on to outline, it takes a change in dietary lifestyle and a strict exercise and weightlifting routine to become a professional bodybuilder. It is a serious sport that requires a lot of dedication on the part of the bodybuilder. The book is the perfect guide for the novice bodybuilder.

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