

The Men's Health Big Book of Exercises

By Adam Campbell

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The Men's Health Big Book of Exercises is a complete reference guide of exercises for every part of the body, smartly organized by muscle group and with so many variations that it's equally useful for newbies and long-time gym goers. With 612 exercises, nearly 1,300 colour images and more than 100 workouts, it packs more between its covers than an entire bookshop of fitness titles. Highlights include: lose your gut for good: the world's greatest 4-week diet and exercise plan (scientifically proven); the 9 best exercises you've never done; the bodyweight workout you can do anywhere; and, 64 ways to add inches to your arms creatively. Packaged using photography and innovative design, The Men's Health Big Book of Exercises is filled from start to finish with fascinating statistics and useful tip boxes, making it easy, fun and informative to read.

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Editorial Review

About the Author
Adam Campbell is the fitness director for Men's Health and Women's Health magazines in the US, and a National Magazine-award winning writer.

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