

[PDF] Banish Your Belly: The Ultimate Guide For Achieving A Lean, Strong Body-- Now

The Editors Of Men's Health Books, Kenton Robinson, Dragomir Cioroslan - pdf download free book

Books Details:

Title: Banish Your Belly: The Ultima

Author: The Editors of Men's Health

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Description:

From the Back Cover *Banish Your Belly*

Every man wants to look better. To have a flatter belly, a more angular torso, better definition in the arms and legs. Being strong and lean means being healthy, having energy, feeling positive about the world. Now, from the writers and editors who bring you *Men's Health* magazine comes the first guide to the lean lifestyle written exclusively, entirely for men.

Inside you'll find the perfect blend of advice to guarantee that you reach your personal weight and

strength goals. You'll discover more than 160 exercises custom-built for body shaping and weight loss, each featuring step-by-step photographs, ratings for difficulty, plus "Do It Better" tips to keep things challenging for even the most accomplished athlete. You'll also find customized workouts for your own personal fitness goals, including:

- * Developing a stronger back (page 186)
- * Taking off the pounds and keeping them off (page 171)
- * Fine-tuning a body that's already in excellent shape (page 176)
- * Overcoming obesity (page 180)

But *Banish Your Belly* is more than just the greatest exercise book you'll ever own. It's a total lifestyle program that offers the best advice for eating, dressing, and living lean. Inside, you'll learn:

- * The "lightbulb" trick for calculating serving sizes (page 43)
- * The difference between hunger and appetite-- and how to tell them apart (page 11)
- * How to enjoy a tasty and satisfying low-fat meal at your favorite hamburger joint (page 63)
- * The 40 best all-around foods you can eat (page 61)
- * Why wedded bliss sometimes turns men into wedded blimps (page 90)
- * How to dress to make yourself appear leaner (page 95)

Written in the straightforward, entertaining style that has made *Men's Health* magazine the number one source for health and fitness information for men today, *Banish Your Belly* is the ultimate guide to living leaner, stronger, and healthier.

How good are these workout programs? Frankly the best-- because we got the best to build them. **Dragomir Cioroslan** is the national team coach for the U.S. Weightlifting Federation and was head coach for the U.S. weightlifting teams at the 1996 Olympic Games, Pan American Games, and World Championships. Cioroslan crowned his outstanding career as a world-class weight lifter by taking a bronze medal for his native Romania at the 1984 Olympic Games in Los Angeles. He also captured three bronze medals over the years in world championship competitions.

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