



Understanding Body Building Nutrition & Training: Practical, Quick Reference, Answers to Common Bodybuilding Challenges

By Chris Aceto

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Editorial Review

About the Author

Chris Aceto is a summa cum laude graduate in the field of Applied Exercise Science. A popular writer for Weider Publications such as Muscle and Fitness and FLEX magazines, Aceto has served as a consultant to World Champion Bodybuilders, A former World Heavy Weight Boxing Champion and a select group of Hollywood stars.

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