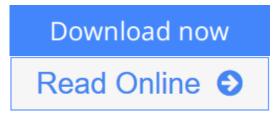


Understanding Body Building Nutrition & Training: Practical, Quick Reference, **Answers to Common Bodybuilding** Challenges

By Chris Aceto



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This book is ideal for the non reader, the person who neither has the time no patience to sift through chapter after chapter looking for an author's main idea. Understanding Bodybuilding Nutrition and Training is a follow up to Aceto's Championship Bodybuilding. It contains, in a unique question and answer format, the answers to the most difficult to coprehend and often conflicting informatio on training, building mass, muscle recruitment, rep speed and nutrition. Here's what the author has to say regarding its format, "We learn and understand by asking questions. From the pre schooler to the University Scholar, the fundamental way to obtain new information and knowledge is by asking. I arranged this book in a simple 'Q and A' format to make it easy for the reader to get exact answers to questions regarding losing fat, holding muscle while dieting and building mass." The book also contais a dictionary of common bodybuildig terms, defining everything from lipolysis, to carbo loading to sarcomere- for the information buffs.



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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 Fitess 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 Hollwood stars.

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