

Ironman's Ultimate Bodybuilding Encyclopedia

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✓ Verified Book of Ironman's Ultimate Bodybuilding Encyclopedia

## Summary:

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Continuously published since 1936, Ironman is the dean of bodybuilding magazines. Ironman has been showcasing every major bodybuilder, training technique, and scientific advance, along with other aspects of the iron game, longer than any other bodybuilding magazine. With articles by and photos of the greatest names in bodybuilding, the Ironman archives represent the best of bodybuilding in the 20th century. Here, in one definitive, information-packed volume, you have the best that Ironman has to offer. The articles and photos reprinted in Ironman's Ultimate Bodybuilding Encyclopedia are of enormous and enduring value to beginners and experts alike. A tour de force of bodybuilding information with stunning photos of unrivaled quality, this massive volume covers every aspect of bodybuilding with authority and depth. Included is complete information on:

Bodybuilding fundamentals

Bodybuilding physiology

Shoulder training

Chest training

Back training

Arm training

Abdominal training

Leg training

Training with a system

Training with the champions

Tricks and secrets to boost growth

Training for mass

Training for power

Mental aspects of training

Natural bodybuilding

Bodybuilding nutrition

Bodybuilding injuries

Drugs in bodybuilding

With Ironman's Ultimate Bodybuilding Encyclopedia, you will learn Arnold Schwarzenegger's insights on developing shoulder and back muscles, Mike Mentzer's complete triceps workout, and Lee Haney's tips for the best back training. You will understand how to develop granite abs with Steve Holman and huge chest muscles with Ron Harris. You will also benefit from Bill Starr's Power Rack Training and John Little's Static Contraction Training. This authoritative resource contains the step-by-step methods used by bodybuilders who went on to become Mr. America, Mr. Universe, or Mr. Olympia. Here, the champions reveal their techniques and secrets in their own words. Editor Peter Sisco is the author or coauthor of numerous fitness and bodybuilding books, including Power Factor Training, Power Factor Specialization: Chest & Arms, Power Factor Specialization: Shoulders & Back, Power Factor Specialization: Abs & Legs, Static Contraction Training, and The Golfer's Two-Minute Workout.

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