



Atomic Fitness: The Alternative to Drugs, Steroids, Wacky Diets, And Everything Else That's Failed

By Steve Michalik

Basic Health Publications, 2006. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: World-famous bodybuilder, Steve Michalik-Mr. America- has put a lifetime of knowledge and skill into this powerful new book, Atomic Fitness. His extensive background of accomplishments and experience have led him to develop the concept for his Atomic Fitness System, which utilizes the basic theories of physics-energy, matter, space, and time-to help people change their physiques in the shortest time possible. This comprehensive guide to the physiological and psychological aspects of training to achieve a more perfect build naturally, without the use of steroids or other drugs, is clearly laid out in steps that take readers down the road of mind over body to overcome barriers that might be keeping them from their mental and physical goals. Part one of this book lays out Mr. America's personally developed theories. His easy-to-understand exercises start with preconditioning routines to provide a foundation of optimum fitness levels for the real work to follow, and they progress from the beginning, intermediate, and advanced, to super-advanced routines. Sections on abdominals, hips, and glutes are included in the exercises intended to create the ultimate physique. The author believes it's not the length...



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Reviews

A fresh eBook with a brand new standpoint. It can be rally exciting throug looking at period of time. I am delighted to inform you that this is the greatest book i have read throug during my individual existence and may be he very best publication for ever.

-- Era Thompson

Thorough information! Its this kind of very good read. It is writter in basic words and not hard to understand. You wont feel monotony at anytime of your respective time (that's what catalogues are for regarding should you question me).

-- Roel Bogisich Sr.