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# Mens Health

## Workout

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Muscle

Men's Health Best The 15 Best Exercises

The Men's Health Home Workout Bible

Men's Health Muscle Chow

Men's Health Push, Pull, Swing

Men's Health TNT Diet

The Men's Health Hard Body Plan

Men's Health Ultimate Dumbbell Guide

Men's Health Natural Bodybuilding Bible

The Men's Health Gym Bible (2nd Edition)

Men's Health Maximum Muscle Plan

The Men's Fitness Exercise Bible

The Men's Health Big Book of 15-Minute Workouts

Maximus Body

The Men's Health Little Book of Exercises

Men's Health The Six-Pack Secret

Men's Health Workout War

The Men's Health Home Workout Bible

The Men's Health Big Book of Exercises

Men's Health Ultimate Dumbbell Guide

Men's Health Total Body Workout Poster Book

The Women's Health Little Book of Exercises

Men's Health Your Body Is Your Barbell

Men's Health Power Training

Men's Health Huge in a Hurry

Men's Health The Body You Want in the Time You

Have

The Men's Health Big Book of Exercises  
Men's Health Best: Weight-Free Workout  
LL Cool J's Platinum Workout  
Men's Health Killing Fat  
The Men's Health Big Book: Getting Abs  
The Men's Health Cover Model Workout  
Men's Health The Book of Muscle  
Men's Health Training Log  
Men's Health Best: Weight-Free Workout  
The Men's Health Gym Bible  
Men's Health Push, Pull, Swing  
The Men's Health Diet  
The Men's Health Guide To Peak Conditioning

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## **MAXIMUS BUCK**

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### **Muscle** Rodale

A concise exercise manual explains how men can put together an effective workout program containing all the exercises needed to promote whole-body fitness and maximum flexibility. Original. 15,000 first printing.  
Men's Health Best The 15 Best Exercises

Rodale Books  
Get bigger biceps, broad shoulders, a bigger bench press, powerful legs, cut abs . . . without ever leaving your home! The body you want, in the space you have. The strength you want, with the equipment you have. The muscles you want, in the time you have. You don't need to join a gym to get in shape. In fact, for a lot of guys, the gym is an impediment to getting

in shape. The crowds, the inconvenience, the intimidation, the time, the commute-- by the time you add it all up, you could end up investing 2 hours to get 45 minutes of exercise. No matter how little space you have, no matter how little equipment you have, no matter how little time you have, you can get the results you want without stepping inside a gym. The Men's Health Home Workout Bible by Lou Schuler and Michael Mejia, M.S., C.S.C.S. gives you... \* Four full-body muscle plans: The Body Weight Plan The Dumbbell Plan The Barbell Plan The Multistation-Machine Plan \* Custom training plans for strength, fat loss, aerobic fitness, and sports

performance \* Buying advice for weights, benches, machines, cardio equipment, and exercise videos \* Complete guidelines for turning your home into a state-of-the-art fitness center With beginner, intermediate, and advanced full-body workouts for each type of equipment, The Men's Health Home Workout Bible gives you more than 400 exercises altogether, photographed and fully described. From pushups to power cleans, from crunches to jump squats, we show you how to get more muscle and strength at home, whether you're a complete beginner or a competitive athlete. The Men's Health Home Workout Bible is a personal trainer, on call 24 hours a day, 7

days a week.

**The Men's Health Home Workout Bible**

Rodale Books

The Men's Health Gym Bible is the ultimate resource for the total gym experience. Men's Health fitness advisor Michael Mejia and co-author Myatt Murphy will teach you how to use various types of gym equipment for optimal strength and cardiovascular fitness. In addition to hundreds of exercises for strength and cardio equipment like free weights, stability balls, and treadmills, this updated edition is filled with exercises and expert fitness advice for cutting edge equipment like TRX suspension training, sandbags, and kettle bells. With almost 700 photos, this edition features all new

images that demonstrate proper form and technique for every functional exercise. The Men's Health Gym Bible is for anyone trying to get the most out of your fitness goals, no matter what your fitness level is. Gym novices will find helpful information such as the ins and outs of gym memberships, contract negotiation tips, and how to safely use a piece of equipment for the first time. This is the ultimate resource for the total gym experience and a book that no fitness enthusiast should be without.

*Men's Health Muscle Chow* Rodale Books

While it may seem impossible to imagine, LL Cool J didn't always have a diesel body—he chiseled it the old-

fashioned way, with hard work and discipline. Together with his longtime trainer, Dave "Scooter" Honig, LL developed a revolutionary workout system that not only burns away body fat for good but also built the amazing muscle and flawless physique you see in every one of his latest music videos. In LL Cool J's Platinum Workout, LL let you in on the secrets of his transformation with his uniquely creative, yet no-nonsense regimen—enlivened with humor and sheer force of personality—he will inspire you to enjoy working out as never before, while building a body you never thought possible. LL Cool J and Scooter Honig blend standard free-weight lifts,

plyometrics, fighters' moves, calisthenics, endurance training, and much more to create what they call their "combination platter"—a highly effective, dynamic, and diversified total-body workout. Whether you are just starting a program or looking to get to the next level, you can choose from four levels of fitness, from Bronze to Platinum, including:

- THE BRONZE BODY: A 4- week beginners' program that will take inches off your waist and boost your energy.
- THE SILVER BODY: A 5-week program for intermediates that increases strength while also maintaining muscular and cardiovascular endurance.
- THE GOLD BODY: An advanced 9-week program that

turns the body into a muscle-building fat-burning machine—complete with six-pack abs and as much energy as LL Cool J. - **THE PLATINUM BODY:** A hard-core 3-week fat-torching program LL used to prepare for his "Control Myself" video—a new level in ripped-to-the-bone fitness and sex appeal. - **PLUS, THE DIAMOND BODY:** A special 4-week program for women who want to shape up fast for summer or a special event. Jam-packed with photos of LL demonstrating exercises and complete with meal plans and recipes that will fuel your workouts while promoting fat loss, LL Cool J's Platinum Workout will transform your body and the way you think

about exercise—for life.

**Men's Health Push, Pull, Swing** Rodale Books

Are you ready to take your shirt off at the beach? Men's Health The Six-Pack Secret will help you get there. It's the magazine's newest step-by-step program for losing belly fat and building abs that show! Drawing from the latest research in exercise physiology and nutrition, it provides the most cutting-edge advice and action plans for sculpting rock-hard abs by the time you hit the sand. What's inside: workouts that can burn up 200 calories in just 8 minutes; dozens of science-backed secrets for boosting metabolism and targeting belly fat; core

workouts that will whip anyone into shape; dozens of belly-shedding recipes and nutrition tips; and instructional photos of 50 all-time best abs exercises. Plus, a special bonus chapter: 100 world-class workout secrets from America's top trainers. Men's Health The Six-Pack Secret is designed to help you turn stubborn belly fat into lean, hard muscle.

**Men's Health TNT Diet** Rodale Books

Thousands of ways a guy can build muscle, strip away fat and sculpt the body he's always wanted. The Men's Health Big Book of Exercises is a complete reference guide of exercises for every part of the body, smartly organised by muscle group and with so many variations that

it's equally useful for newbies and long-time gym goers. With 612 exercises, nearly 1,300 colour images and more than 100 workouts, it packs more between its covers than an entire bookshop of fitness titles. Highlights include: -Lose Your Gut for Good: The World's Greatest 4-Week Diet and Exercise Plan (scientifically proven) - The 9 Best Exercises You've Never Done - The Bodyweight Workout You Can Do Anywhere -64 Ways to Add Inches to Your Arms Creatively packaged using photography and innovative design, The Men's Health Big Book of Exercises is filled from start to finish with fascinating statistics and useful tip boxes, making it easy, fun and

informative to read.

**The Men's Health  
Hard Body Plan**

Rodale Books

Men everywhere want to improve their health and fitness--and their bodies. This new series of books, Men's Health Best, addresses all aspects of a man's physical fitness, from building core strength to managing sports injuries. Authoritative, affordable, handsomely produced and extensively illustrated, these 96-page books are the perfect guide to achieving strength, fitness, and well-being. Men's Health Best: Weight-Free Workout shows you how to put together a workout program you can follow anywhere--no need to go to the gym! It includes all the exercises you need for whole-body fitness and

maximum flexibility and explains the exact benefits of each one.

**Men's Health  
Ultimate Dumbbell**

**Guide** Rodale Books

Men's Health Total Body Workout Poster Book Sculpt an Amazing Physique in as Little as 20 Minutes a Day! A different kind of pinup Men's Health magazine's legendary workout posters have appeared on some of the finest walls in America, from the home gyms of the rich and famous to the dorm rooms of the young and ambitious. Wherever muscle is built, wherever a man's thoughts turn to exercise and self-improvement, that's where you'll find these posters. Now, for the first time, Men's Health has collected 24 posters in one book.



Inside, you'll find:

- Super-effective total-body muscle-building routines for both beginner and advanced exercisers
- A total-body fat-loss workout to take inches off your waist in just 4 weeks
- Turn on the Power!, a 6-month program to add hundreds of pounds to your bench press, squat, and deadlift
- Six 20-minute workouts showing you how to pump up, lean out, or even fix a bad back in less time than it takes to watch your favorite sitcom
- An all-ab workout featuring eight unique exercises we bet you've never tried
- Our Total-Body Workout series, with 10 posters full of fresh, innovative exercises to add solid muscle to your chest, back, shoulders, and biceps

Every fully illustrated poster features easy-to-follow, simple-to-understand exercise routines designed by the top trainers and strength coaches in the world. So what are you waiting for? With 24 classic workouts to choose from, you'll never run out of exciting, effective new routines to help make you leaner, stronger, and healthier--guaranteed!

*Men's Health Natural Bodybuilding Bible*

Rodale

Men love shortcuts. If there's a way to accomplish a job quicker and more efficiently, they're all for it. That goes for work and working out. Now, new research shows that as little as 15 minutes of resistance training is just as effective in

spiking a man's metabolism—his fat-burning furnace—as a workout lasting more than twice as long. All it takes is 15 minutes to achieve lifelong results—and men are more likely to stick to an exercise plan if it's chopped down to those 15 minutes. The Men's Health Big Book of 15-Minute Workouts contains fast-paced circuit training and interval workouts that boost calorie burn, build muscle, and fry belly fat in half the time of regular workouts. Readers can choose from at-home, body-weight-only workouts and total-body barbell programs to exercises that target major muscle groups—the chest, arms, legs, and back—and sport-specific workouts.

Other highlights include: - a special section of 15-minute core workouts to build a rock-hard six-pack - an eating plan with delicious meals that take 15 minutes or less to prepare - workouts for the office or when you're traveling and can't make it to the gym - hundreds of tips from America's best trainers, nutritionists, and exercise scientists

The Men's Health Gym Bible (2nd Edition)  
 Rodale Books

Research shows that people are 40 percent more likely to stick with an exercise program if they have strategies to help them stay motivated and on track. One of the most effective tactics available to guys is The Men's Health Training Log, an advice-packed training journal from

the world's largest men's magazine. Ideal for charting strength training and cardiovascular workouts, The Men's Health Training Log is a valuable tool that will encourage guys to keep working toward their fitness goals. The Men's Health Training Log is filled with the same top-notch exercises and advice that Men's Health readers have come to rely on, and it provides the perfect framework to help guys record their workouts. It features: A year's worth of training logs on heavyweight, smear-proof paper that stands up to workout sweat—all in a handy spiral binder Plenty of space to record reps, sets, and loads Effective ab workouts that build core power

Spotlight exercises that are proven to get results Training tips and insider advice from renowned fitness experts Heart-pumping cardiovascular routines Full-color photographs demonstrating common exercises And much, much more With its ease of use and motivational tips, The Men's Health Training Log is a most reliable and inspirational training partner. It should have a place in the gym bag of every guy who's serious about getting into the best shape of his life. *Men's Health Maximum Muscle Plan* Rodale Books No piece of exercise equipment is more convenient, reliable, versatile and effective at building lean muscle and boosting post-workout metabolic rate

than the venerable dumbbell and its cousins the kettlebell and sandbag. Together, these are the tools that will reshape the way we think about fitness and this book will stand as the definitive guide to targeting the key muscles that men and women want to develop and tone. The beauty of these tools is that they are simple, inexpensive, and can be used in a small space so readers can exercise in the convenience of their homes. Most important is that they allow the freedom to use a full range of motion, unlike the rigid, limiting structure of weight machines. No longer restrained by the typical up/down motion of barbells and machines, readers can

become strong in any direction. And sanctioned by Men's Health, this book demonstrates with large color photos more than 150 strength exercises that incorporate the three key movements--pushing, pulling, and swinging--that make up the perfect full-range-of-motion workout. Because it emphasizes building functional strength for real-world application and total-body fitness Men's Health Push, Pull, Swing will appeal to beginners as well as fitness buffs, especially those who enjoy CrossFit style workouts.

**The Men's Fitness Exercise Bible** Rodale  
Based on the wildly successful Men's Health Big Book of Exercises, this portable

handbook offers readers step-by-step instructions (and color photos) on how to perfectly execute the best fat-torching, muscle-building exercises known to man. This essential workout guide is for anyone who wants to lose weight fast and build a better body. Complete with fast, effective workouts for home use or to take to the gym, this easy-to-tote package gives readers access to their favorite routines wherever they go. The guidebook details "main moves" for targeting each major muscle group and then shows readers variations that make the moves more challenging and effective. Other highlights:

- The best core exercises for a six

- pack
- Body-weight workouts to do anywhere
- A circuit workout that'll add inches to a man's arms
- The best chest exercise to boost a guy's max benchpress
- Plus, 10 new exercise plans and a workout log

From start to finish, this muscle manual bulges with hundreds of useful tips, breakthrough science, and cutting-edge workouts from top trainers.

The Men's Health Big Book of 15-Minute Workouts Rodale Books

Men's Health Huge in a Hurry will add inches to your muscles and increase your strength, with noticeable results quickly, no matter how long you've been lifting. Author Chad Waterbury offers the most current neuromuscular science

to debunk the fitness myths and conventional wisdom that may be wreaking havoc on your workouts and inhibiting your gains. Forget lifting moderate weights slowly for lots and lots of sets and reps. The best way to get huge in a hurry is to use heavy weights and lift them quickly for fewer repetitions. Waterbury's groundbreaking programs will enable you to: - Add Mass and size. Gain as much as 16 pounds of muscle in 16 weeks--and add 1 full inch of upper arm circumference in half that time! - Get stronger...fast! Even seasoned lifters can realize a 5 percent increase in strength in the first few weeks. And in 12 weeks, you can boost your overall

strength by up to 38 percent. - Build power and stamina. Increase your one-rep max in your core lifts by as much as 30 percent. - Shed fat fast. Burn off up to 10 pounds of body fat, losing up to 2 pounds of fat per week. With Men's Health Huge in a Hurry, you'll not only get bigger faster, you'll do it with less time wasted in the gym and with less post workout pain and a much lower injury risk. Maximus Body Rodale Men's Health magazine's #1 personal trainer delivers cutting-edge, high-intensity workouts to help you pack serious muscle and become unstoppable fit. From the man responsible for the gym that trained the actors in the movie 300 comes cutting-

edge fitness strategies, 100 workouts, and a training plan that has successfully transformed A-list actors and actresses, elite special-forces soldiers, all-star athletes, and everyday men and women. With Bobby Maximus's guidance you too can become one of the most insanely fit people the world has ever seen. The diets and workouts that promise easy results in minutes per day have tricked masses into wasting their money on false promises. Supplements, smoothies, and 4-minute workouts aren't getting people any fitter. Getting that shredded body requires real commitment and real work—and Bobby can show you how.

Maximus Body features circuit-style workouts that will push you to your limits and work your whole body. With a plethora of exercises like "Don't Ask Me About Your Abs," that work your core with a combination of sit ups, push ups, pull ups, and even leg raises, you can develop an exercise routine that fits your needs. Whether you are overweight and trying to get back into shape, or a high-level athlete trying to gain that extra edge, Maximus Body offers up thousands of once-secret ways to burn fat, add lean muscle, reveal a shredded 8-pack, and build mind-bending physical fitness. *The Men's Health Little Book of Exercises*  
Rodale

The Men's Health TNT Diet is a revolutionary program for burning fat and building muscle. Utilizing Targeted Nutrition Tactics (TNT), the authors move beyond "good carbs" and "bad carbs" to focus instead on "well-timed carbs" that will allow readers to eat the foods they want as long as they are eating them at the right time. By controlling the levels of glycogen (carbs stored in our muscles) through this unique diet, and learning to exercise in the carb-burning zone (the secret to making workouts shorter and more effective) anyone can shed fat and build muscle—and it takes only 90 minutes of exercise a week.

*Men's Health The Six-Pack Secret* Rodale Provides conditioning

programs for various lifestyles and interests; discusses nutrition, sleep, and time management; and offers advice on buying equipment and workout gear

**Men's Health  
Workout War** Rodale Books

The former fitness editor of Men's Health magazine presents the ultimate no-excuses workout book for time-pressed men and women at every fitness level. For most people, the hardest hurdle to overcome in following a fitness regimen is simply finding the time to do it. But as this book shows, it is possible to burn fat, build muscle, and stay fit—no matter how much (or little) time one has! That's the promise fitness expert Myatt Murphy makes in



this fabulous new exercise guide—the first book that offers a wide range of workouts catered to any schedule. Workouts are organized by how many days a week individuals have to exercise, and subdivided into 10-, 20-, 30-, 45-, and 60-minute exercise blocks. There are four variations on each of the above regimens—one for building lean muscle, one for weight loss, one for muscle power, and one that gives the best of all three. All in all, there are 120 workout choices, each specifically created to match the exerciser's current goals! Murphy shows how to complete any workout in a time-efficient way and how to compensate for limited time with

different exercises that will keep muscles challenged. More than 250 photographs illustrate the exercises, and sound nutritional tips round out this all-new approach to fitness—destined to be the workout bible for countless busy people.

**The Men's Health Home Workout Bible**  
Pan Macmillan  
The World's Most AUTHORITATIVE Guide to Building Your Body  
You probably know a lot about building muscle. You know which curl is the best for your biceps, you do every possible exercise for your abdominals, and your 20-set bench-press routine is the envy of everyone in the gym. So why haven't you gotten the results you want? This book has the answer. In fact, it probably

answers every question you've ever asked about how your muscles work: What makes them grow? What makes them show? Why didn't that champion bodybuilder's routine work for you? But *The Book of Muscle* does more than just explain how your muscles work. It also gives you comprehensive muscle-building programs from a world-class trainer. Ian King has spent 2 decades as strength coach to world-champion and Olympic athletes. He is in wide demand as a lecturer on athletic preparation and physique development, and he is a popular contributor to *Men's Health* magazine and *T-mag.com*, the most popular bodybuilding Web site on the planet.

Now, for the first time, he brings his extraordinary knowledge and unique muscle-building systems to a book meant for regular guys who like to work out and want to see better results than they've gotten from conventional programs. Here's what you get from *The Book of Muscle* that you can't get from any other book:

- Three complete 6-month, progressive workout programs created by Ian King to optimize muscle growth by juxtaposing opposing muscle actions
- Ian King's revolutionary training-age system to help you determine which program is right for you
- Complete abdominal training that ensures you'll not only get that coveted six-

pack but also develop the muscles that prevent injuries and produce better performance on the field--any field • Vital advice on warming up, stretching, and recovering between workouts • The latest and best information on how you need to eat to make your muscles grow If you've never before bought a workout book, this should be your first. And if you've tried all the others, this is the one that finally delivers everything you have ever wanted to know but couldn't find in one place.

**The Men's Health  
Big Book of  
Exercises** Rodale  
Books

With The Men's Fitness Exercise Bible, you will always have time to get in great

shape—even if you only have no time at all. You will always have the equipment you need—even if you have no equipment at all. You will never grow bored or stop seeing progress—and your workout will never become routine. Whether you have access to an upscale gym or just a dumbbell in your garage, whether you're an elite athlete or a complete beginner, there's a workout in this book—101 of them, in fact—that will get you bigger, stronger, and leaner. Discover how to accomplish in 8 minutes what most people do in 80—because top exercise pros give you only the most effective and efficient workouts in the world. The Men's Fitness Exercise Bible

gives you:

Men's Health Ultimate Dumbbell Guide Rodale Books

With *Men's Health Your Body Is Your Barbell*, a reader will have no excuse not to get into the best shape of his or her life—simply, easily, and in just 6 weeks in the convenience of his or her own home.

Metabolic training expert BJ Gaddour, CSCS, whom *Men's Health* magazine calls one of the 100 fittest men of all time, has created a remarkably efficient and effective body-transforming workout and nutrition program based on just a handful of simple moves, the *Bodyweight Eight*. These no-equipment-required exercises are all one needs to build a

strikingly symmetrical, perfectly proportioned, and classically beautiful physique, just like BJ's. Once readers master each legendary fitness feat with perfect form, they will use BJ's scalable, step-by-step progressions to go from ground zero to superhero. From these exercise variations, readers can construct hundreds of personalized workouts. Dozens of sample routines are already demonstrated through big, bold how-to photographs within the book and organized by goal, duration, intensity, and targeted body zone. This is the only book a man or woman needs to achieve the body he or she has always wanted anywhere—and without gear.