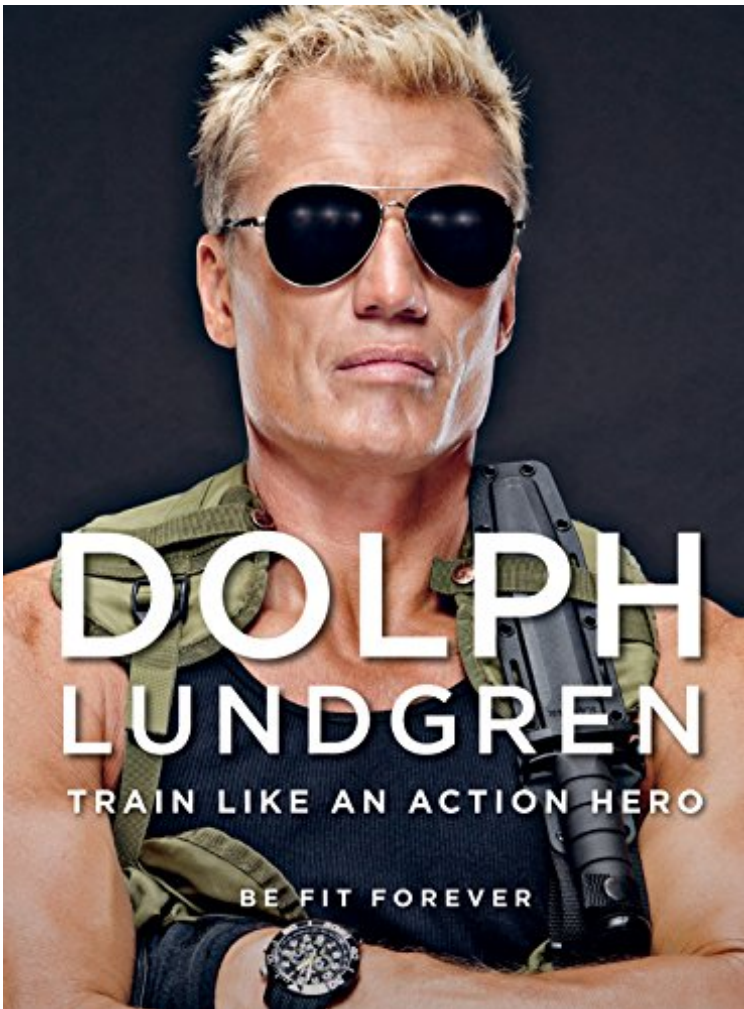


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Dolph Lundgren: Train Like an Action Hero: Be Fit Forever



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Description :

Prsentation de l'diteurAre you ready to take your exercise and fitness routine to the next level? Then take a lesson from internationally-renowned action hero Dolph Lundgren, as he shares the personal fitness secrets gained from a lifetime of hard-fought experiences on-camera and off.Dolph has created a personal philosophy of fitness based on martial arts, yoga, strength training, biochemical research, professional sports, and over 40 starring roles in classic action films. Its a logical, fun, and surprisingly easy path to total fitnesswhether youre at the office, with friends, playing sports, or in class. This is the ultimate lifestyle to improve your health and build your physique!Dolph Lundgren: Be Fit Foreverhis autobiographical training guidefeatures weekly training programs, daily menu planners, guides to equipment and gear, fantastic photos from behind the scenes of Hollywood action movies, and more.DOLPHS SPECIAL TIPS:1. Briefing: The reasons you need to get fit2. Mission: Personal training and health philosophy3. Weaponry: How to best

combine strength exercises, cardiovascular, and flexibility training⁴. Special Ops: Stick to your goals even while away traveling⁵. Fuel and supplies: The best foods and supplements to build your body⁶. Fit forever: Stay in shape for the rest of your life! With detailed exercise plans and over 100 step-by-step photos, Dolph Lundgren: Be Fit Forever is the kickass guide to building a body that will look great and make you feel even better forever.