



The Gold's Gym Guide to Getting Started in Bodybuilding

Ed Housewright

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The Gold's Gym Guide to Getting Started In Bodybuilding provides newcomers with a sound, systematic approach to realizing their muscular potentials through proper weight lifting. Designed to get beginners motivated and keep them motivated while providing them with a solid foundation on which to build, it:

- Coaches readers in bodybuilding fundamentals, such as proper form and the best numbers of reps and sets
- Describes specialized routines for different muscle groups
- Provides step-by-step instructions and dozens of charts, graphs, and checklists

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