



The Body Sculpting Bible for Men Workout Journal: The Ultimate Men's Body Sculpting and Bodybuilding Guide Featuring the Best Weight Training Workouts ... Plans Guaranteed to Gain Muscle & Burn Fat

By James Villepigue, Hugo Rivera

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INCLUDES BONUS WORKOUT PLANS, NUTRITIONAL GUIDANCE AND MORE!

Stay motivated by tracking your goals and gains every day!

The Body Sculpting Bible Workout Journal for Men takes the guesswork out of your workout regimen and lets you to focus on what's most important: getting the results that matter. By helping you to identify and achieve your bodybuilding and fitness goals, *The Body Sculpting Bible Workout Journal for Men* gives you the tools you need to keep your training workout and nutrition on track

Full of charts, logs, tips, and workout plans, this take-along journal helps plan your regimen while making it even easier to build muscle faster. Whether you're worried about sticking to a schedule or dreading the feeling of playing catch-up for missed workouts, *The Body Sculpting Bible Workout Journal for Men* lets you plan ahead and keep your eyes of the prize of peak physical condition.

The Body Sculpting Bible Workout Journal for Men includes:

- Workout logs, scheduling tips and nutrition advice to keep your workout stress-free
- Guidelines to creating and managing a successful workout regimen
- The 10 Commandments of Body Sculpting Perfection
- Insights into the best diets and exercises from experienced fitness experts

Supporting both your body and your schedule, what you do and what you eat, *The Body Sculpting Bible Workout Journal for Men* is the perfect companion to any book in the Body Sculpting Bible series. With the best in online consumer

support at GetFitNow.com, this guide to fitness lets you enjoy invaluable expertise from Body Sculpting Bible authors James Villepigue and Hugo Rivera, two of bodybuilding's foremost authorities.

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Editorial Review

About the Author

James Villepigue has over 20 years of experience in the health and fitness industry as a nationally certified personal trainer with National Strength & Conditioning Association (NSCA), with their prestigious Certified Strength & Conditioning Specialist (CSCS) credential, The American Council on Exercise and The International Sports Science Association. He has received degrees from Hofstra University, the New York College of Health Professions and the Institute for Professional Empowerment Coaching. He has appeared on national television programs and publication in nationally recognized health and fitness magazines.

Hugo Rivera, C.P.T., B.S.C.E., S.P.N. is a Certified Personal Trainer with a degree in engineering from the University of South Florida and with over twenty years of bodybuilding & fitness experience. Hugo has made several appearances on both national and local television and has been extensively interviewed by various newspapers, magazines, websites and radio stations from all over the world. He also serves as consultant to professional athletes, artists, and top supplement companies in the industry. Hugo was also the About.com guide to bodybuilding and has written hundreds of articles for magazines and websites all over the world on the subject of weight loss and fitness.

Users Review

From reader reviews:

Gayle Oconnell:

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Margaret Phillips:

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