



# **Encyclopedia of Bodybuilding: The Ultimate A-Z Book on Muscle Building**

Gerard Thorne, Phil Embleton

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### Encyclopedia of Bodybuilding: The Ultimate A-Z Book on **Muscle Building**

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This 640 page encyclopedia is for men, women, beginners, intermediates, advanced and personal trainers alike. It has easy to understand instructions laced with enough facts and figures to make you an expert virtually overnight.



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