



Men's Health Natural Bodybuilding Bible: A Complete 24-Week Program For Sculpting Muscles That Show

By Tyler English

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It takes guts and dedication to meticulously sculpt an extremely lean and cut physique. If you are ready to build a competition-worthy body or just want to look like a pro, there is no better program than the total-body diet and workout plan revealed in *Men's Health Natural Bodybuilding Bible*. It is THE how-to manual for anyone who wants to win his first bodybuilding competition the right way ? purely, naturally, on guts, grit, and extreme dedication to diet and muscle craft. Or even just look like you did without stepping foot on a stage!

Developed by professional Natural Bodybuilding Champion Tyler English, this plan will show you how to pack on pounds of MUSCLE with the workouts that helped him take first place in competition. Get the best intense workouts for each muscle and the right form so you reap maximum results.

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Editorial Review

About the Author

TYLER ENGLISH is a professional bodybuilder and bodybuilding coach. He won the 2010 World Natural Bodybuilding Federation Pro-Am Lightweight Championship and took third place at the WNBF World Championships as a middleweight. He lives in West Harford, CT.

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