



The Body Sculpting Bible for Men, Fourth Edition: 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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The Body Sculpting Bible for Men Platinum Edition is the definitive workout and nutrition guide, updated and expanded to include:

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- Bonus nutritional section including recipes and smart supplementation
- Tips and helpful information to keep you motivated and help you reach your fitness goals

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Hugo A. Rivera is an ISSA Certified Personal Trainer, engineer and international best-selling fitness author with over 25 years of bodybuilding experience.

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