



# Bodybuilding Basics: Your Beginners Guide

*Martin Breightone*

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**Bodybuilding Basics: Your Beginners Guide** Martin Breightone

**Bodybuilding Basics: Your Beginners Guide** is a simple and easy-to-read book in which you'll discover top tips and practical advice to learn all about body building including....

- History of Body Building
- Bodybuilding and Muscle Building
- Bodybuilding Myths
- Is Bodybuilding Right for You?
- Tips for Becoming a Bodybuilder
- Starting Out
- Bodybuilding for Beginners
- Making Your Workouts Effective
- Building More Muscle and Recovering Faster
- Taking Advantage of Online Training Forums
- Exercising at Home
- Nutrition for Beginners
- Dietary Mistakes
- Getting Involved in Bodybuilding Competitions
- Your First Competition

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