

1. Record Nr.	UNINA9910163887403321
Autore	Perrine Stephen
Titolo	The Men's Health Diet : 27 Days to Sculpted Abs, Maximum Muscle and Superhuman Sex!
Pubbl/distr/stampa	Gordonsville : , : Potter/Ten Speed/Harmony/Rodale, , 2011 ©2011
ISBN	1-60961-247-7
Descrizione fisica	1 online resource (272 pages)
Collana	Men's Health
Altri autori (Persone)	BornsteinAdam HurlockHeather Editors of Men's Health MagaziEditors of PerrineStephen
Disciplina	613.250811
Soggetti	Weight loss Exercise Men--Health and hygiene
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	The easy way to to a hard body -- Win the war on fat -- How fit are you? -- The male body at 20, 30, 40, and beyond! -- Anatomy of a potbelly -- Why the smartest diet is no diet at all -- How to trick your body into burning fat -- The Men's health rules of the ripped! -- Get fast & lean! -- What's in MacGyver's fridge? -- The Men's health muscle system -- If you're not having fun, you're doing something wrong -- The better sex workout and diet plan -- The 250 best foods for men -- The Men's health diet recipes.
Sommario/riassunto	Presents a program backed by advanced research that works with a reader's body to build muscle and shed pounds -- in just 27 days! This title includes 101 tips that can change your life in 10 seconds or less; the men's health muscle system exercise plan; and, the 250 best foods for men.--