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## Dolph Lundgren: Train Like an Action Hero: Be Fit Forever (Paperback)

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By Dolph Lundgren

Skyhorse Publishing, United States, 2018. Paperback. Condition: New. Reprint. Language: English . Brand New Book. Are you ready to take your exercise and fitness routine to the next level? Then take a lesson from internationally renowned action hero Dolph Lundgren. Dolph has created a personal philosophy of fitness based on martial arts, yoga, strength training, biochemical research, professional sports, and over forty starring roles in classic action films. Dolph Lundgren: Train Like an Action Hero-his autobiographical training guide-features weekly training programs, daily menu planners, guides to equipment and gear, fantastic photos from behind the scenes of Hollywood action movies, and much more! His special tips include: Briefing: The reasons you need to get fit Mission: Personal training and health philosophy Weaponry: How to best combine strength exercise, cardiovascular, and flexibility training Special Ops: Stick to your goals even while away traveling Fuel and supplies: The best foods and supplements Fit forever: Stay in shape for the rest of your life! With detailed exercise plans and over one hundred step-by-step photos, Dolph Lundgren: Train Like an Action Hero is the kickass guide to building a body that will look great and make you feel even better-forever.



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