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The photos detailing each exercise are in full color and the accompanying explanations are detailed, specific, and easy to follow. The book is broken down into chapters dedicated to body parts: Chest, Back, Shoulders, Arms, Quadriceps & Calves, Glutes & Hamstrings, Core, as well as chapters for Total Body and Warmup Exercises.

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The Women's Health Big Book of Exercises Review

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The Men's Health Big Book of Exercises Four Weeks to a

Inside The Men's Health Big Book of Exercises you'll find 619 exercises expertly demonstrated with color photographs, with dozens of movements for every muscle in your body, including: More than 100 core exercises! You'll never run out of ways to sculpt your six-pack. 74 biceps, triceps, and forearm exercises: Build your arms faster than ever before.

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This book is well worth the money for the 619 exercises alone, not to mention the wealth of information on workouts and nutrition as well. This book takes the best information that has appeared in or been created by Men's Health and their staffers and puts it all in one easy to use well organized place.

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