# **WORKOUT BIBLE FOR MEN**



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With beginner, intermediate, and advanced full-body workouts for each type of equipment, The Men's Health Home Workout Bible gives you more than 400 exercises altogether, photographed and fully described. From pushups to power cleans, from crunches to jump squats, we show you how to get more muscle and strength at home, whether you're a complete beginner or a competitive athlete.

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Give muscles a day to recover after a workout. On days after workouts, work other muscles, or relax.

Intermediate and advanced exercises need to exercise at least 40 minutes 3 to 4 days per week. Aerobic (cardio) exercise (running, cycling, swimming, etc.) is unnecessary.

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