



Action Movie Hero Workouts: Get Super Crime-Fighter Ripped

Dave Randolph

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DO YOU WANT A SCULPTED, SUPERHUMAN PHYSIQUE?

Whether you want to look like Thor, Captain America or Batman, *Action Movie Hero Workouts* offers high-intensity training programs that are guaranteed to produce the results you want. Packed with over 250 step-by-step photos, this book shows how to sculpt and define your chest, back, arms, legs and butt for:

- **Incredible power**
- **Explosive speed**
- **Massive strength**

Comic book superheroes get rippled abs and bowling ball-sized biceps with a stroke of the artist's pen. The actors who portray them in Hollywood blockbusters are not so lucky. To acquire the same chiseled, jaw-dropping body, they follow the hardcore workouts detailed in this book.

In addition to exciting, comprehensive workouts, the book gives detailed nutritional advice that will help you build and maintain your new blockbuster body.

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