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About The Author Hugo Rivera, About.com's Bodybuilding Guide and ISSA Certified Fitness Trainer, is a nationally-known best-selling author of over 8 books on bodybuilding, weight loss and fitness, including "The Body Sculpting Bible for Men", "The Body Sculpting Bible for Women", "The Hardgainer's Bodybuilding Handbook", and his successful, self published e-book, "Body Re-Engineering".

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1. The encyclopedia of modern bodybuilding - Arnold

Schwarzenegger. This is without a doubt the BEST book when it comes to bodybuilding. If you're reading this article then you probably know the author of this book - The Austrian oak, 7 times Mr. Olympia, Arnold Schwarzenegger.

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#### 5 Best Bodybuilding Books - The 5 best supplements

If you are a total beginner, the best bodybuilding book for complete beginners is Starting Strength. It covers the basics like no other, and it can take you quite far on its own. The best bodybuilding book for serious pros who are planning to compete or are already competing is Encyclopedia of Bodybuilding. No other book has as much information specifically on the preparation for a bodybuilding competition, which is the information you're more likely to be missing compared to

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There is a range of different nutrients that your body needs. Here are the most useful ones that you should not miss out on if you want to really give yourself a solid baseline to perform from. The best multivitamins for bodybuilding should include: B-Vitamins. There are eight different vitamins inside the B-Complex: B1 - thiamin; B2 - riboflavin

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The Encyclopedia of Bodybuilding is one of the most known and respected books about bodybuilding. Originally it was written a long time ago, so now the book was updated for the 21st century. Also, now it is a complete guide for modern fitness and bodybuilding. The book has 800 pages and also is written in the format of an encyclopaedia.

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Some great vegan food sources suitable for bodybuilding food include pulses, chickpeas, quinoa, beans, lentils, and garden peas. These are low in fat but high in fibre, vitamins and minerals. 2 Pulses are a good source of protein, especially for those who are vegan. 3 They are easily accessible and fairly easy to incorporate into everyday meals.

#### The 9 Best Bodybuilding Books Every Aspiring Bodybuilder ...

Your guides, athletes Steve Cook and Kathleen Tesori, will present a new challenge every day. After 30 days, you'll know how to train with barbells, machines, and just your body weight. You'll learn how to make wise choices and manage a busy lifestyle. You'll understand the ins and outs of fitness nutrition





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