



Bodybuilding 201: Everything You Need to Know to Take Your Body to the Next Level

Robert Wolff

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"Robert Wolff has changed untold numbers of people's lives all over the world with his knowledge and words of wisdom when he wrote for my magazines. I'm happy to say, with this new book, he can do the same for you." --Joe Weider

Following the tremendous success of fitness and motivation authority Robert Wolff's introduction to bodybuilding, *Bodybuilding 201* is Wolff's next "course" in building a better body.

Designed for intermediate and advanced people of all ages, this new motivational guide offers:

- More than 50 new routines
- The latest research on exercise, nutrition, and health
- Injury-prevention tips
- Specialized training for each body type plus hundreds of photos that explain each exercise step-by-step

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