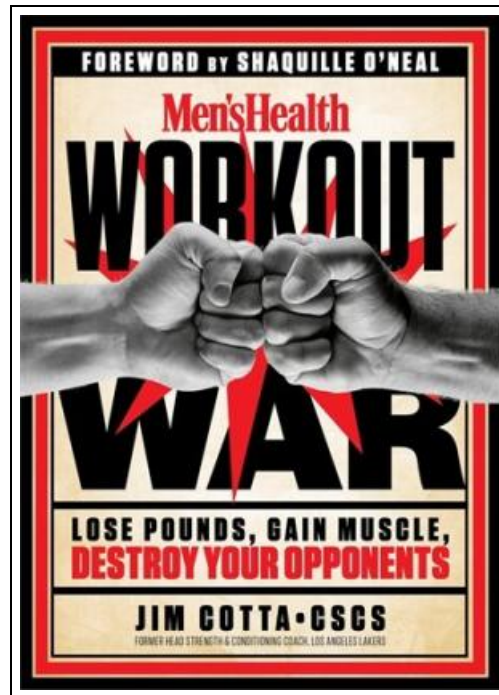


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MEN S HEALTH WORKOUT WAR: LOSE POUNDS, GAIN MUSCLE, DESTROY YOUR OPPONENTS (PAPERBACK)



Rodale Press Inc., United States, 2015. Paperback. Condition: New. Language: English . Brand New Book. Former Los Angeles Lakers strength coach Jim Cotta harnesses men s passion for one - upmanship with an innovative get-in-shape program in Men s Health WorkoutWar. This book features a highly effective, 60-day exercise and diet program broken up into quarters and an overtime round. The unique hook is that it makes the fitness instruction much more effective by turning it into a friendly weight-loss war that uses locker-room-style trash talking and cash prizes to drive dramatic results. Basketball great Shaquille O Neal, who penned the book s foreword, used a shirts off competition against Charles Barkley on national television to spur his own body transformation, and Cotta was his weight-loss coach. That gave Cotta the idea to build a blueprint for grassroots fitness competitions, complete with multiple contest formats and advice on using social media to build excitement.



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