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The Men's Health Diet: 27 Days To Sculpted Abs, Maximum Muscle & Superhuman Sex!



Synopsis

For more than 20 years, Men's Health has been America's number one source of health, fitness, and weight loss information. Its editors have tested every workout, chowed down on every food, and consulted the top exercise and nutrition experts in the world. Now, this valuable expertise is boiled down into one plan that will revolutionize weight loss: The Men's Health Diet - Stephen Perrine with Adam Bornstein, Heather Hurlock, and the Editors of Men's Health - is a proven program backed by cutting-edge research that works with a reader's body to build muscle and shed pounds-in just 27 days. This unique program features 7 supersimple Rules of the Ripped-scientifically proven, breakthrough strategies that often run counter to standard "diet" advice (like Rule #7: Eat whatever you want at least 20 percent of the time!). Built around 8 "Fast & Lean" superfood groups, The Men's Health Diet is so easy, so effective, readers can't help but turn fat into muscle and stay strong and lean for life. Features include: 101 Tips That Will Change Your Life in 10 Seconds or Less; The Men's Health Muscle System exercise plan; and the 250 Best Foods for Men. Packed with easy-to-prepare recipes, hundreds of helpful tips, and weekly workout plans, this is the ultimate secret weapon for a stronger, leaner, more muscular body.

Book Information

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Customer Reviews

STEPHEN PERRINE is publisher of Rodale books and an editor-at-large of Men's Health. He has appeared on numerous national television shows, such as CBS's The Early Show, the 700 Club, and Extra! He lives in New York City.

I find this book to be very informative. It does not over complicate things, gives me a plan that is reasonable and that I can follow. Also, the most important thing, it's realistic. Liked it so much I also purchased the kindle version to have as a quick reference. I've been working out and trying multiple diets trying to get the last bit of fat off my abs, this book is it for me.

Okay book. Nothing really special about the information in it that you haven't heard before in other books. Buy a used book instead of a new one and save the cost and you won't be so upset for spending the extra money for a so-so book.

Great information on nutrition, meals and workout routine. Keeps everything simple and doesn't have to be a dramatic change. It gives a slow process and doesn't require to run to organic right away.

I thought this was kind of lame. Very scattered and not very prescriptive. It wasn't expensive but I don't think I learned much from the read.

This plan focus' mostly on what to eat and why. The advice centers around lean protein, fruits, vegetables, whole grains and dairy. Its hard to go wrong with that. Combined with a reasonable, for most, work out the average Joe, will get in better shape and be healthier by following the plan here. Will most get 6pk abs from doing this? Doubtful. But its still a solid plan.

Excellent tips

Great book! Very enlighting

I really like this book. I am only about 20-30lbs overweight so I was looking for fun and easy solutions to lose those last few pounds. There are some great ideas in this book that easy to understand and don't involve a complete life change.

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Workout, Workout Recovery, Muscle Strength) Sex: Sex Guide: The Perfect Sex Guide For Unbelievable Sex (Sex, Sex Guide, Sex Positions, Sex Addiction, Seduction, Sex Stories, Sex Books, Foreplay, Alpha Male, Relationships, Marriage) Workout: Abs Bible: 37 Six-Pack Secrets For Weight Loss and Ripped Abs (Workout Routines, Workout Books, Workout Plan, Abs Workout, Abs Training) (Bodybuilding Series) The Women's Health Diet: 27 Days to Sculpted Abs, Hotter Curves & a Sexier, Healthier You! Sex Starved Marriage: Sex in Marriage: 31 Best Demonstrated Sex Positions Every Married Couple Should Try To Spice Up Their Sex Life (Scream, harder and longer, Sex positions, Sex Tips, Sex Guide) What Men Won't Tell You: Women's Guide to Understanding Men (How to read their minds, what men want, why men cheat, why men won't commit, why men lose interest, how to avoid rejection from men) PALEO: Paleo Diet For Rapid Weight Loss: Lose Up To 30 lbs. In 30 Days (Paleo diet, Paleo diet for weight loss, Paleo diet for beginners, Diabetes diet, Ketogenic diet, Anti inflammatory diet) Ketogenic Diet: Ketogenic Diet Mistakes to Avoid for Rapid Weight Loss (Ketogenic Diet for Weight Loss, Ketogenic Diet for Beginners, Diabetes Diet, Paleo Diet, Anti Inflammatory Diet, Low Carb Diet) HCG Diet: HCG Diet Plan: HCG Diet Cookbook with 50 + HCG Diet Recipes and Videos - HCG Diet for Beginners: HCG Diet Plan - Follow HCG Diet Plan (HCG ... HCG Diet for Beginners, HCG Phase 3) Calisthenics: The SUPERHUMAN Stack: 150 Bodyweight Exercises | The #1 Complete Bodyweight Training Guide (The SUPERHUMAN Series) Paleo Diet: 365 Days of Paleo Diet Recipes (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo For Beginner, Paleo Recipes) The New Abs Diet for Women: The 6-Week Plan to Flatten Your Belly and Firm Up Your Body for Life (The Abs Diet) The New Abs Diet: The 6-Week Plan to Flatten Your Stomach and Keep You Lean for Life (The Abs Diet) The New Abs Diet Cookbook: Hundreds of Powerfood Meals That Will Flatten Your Stomach and Keep You Lean for Life! (The Abs Diet) Ketogenic Diet: Ketogenic Diet Mistakes You Need To Know **BONUS** 30 Day Accelerated Fat Loss Meal Plan! (ketogenic diet, ketogenic diet for weight loss, ... diet, paleo diet, anti inflammatory diet) South Beach Diet: South Beach Diet Recipe Book: 50 Delicious & Easy South Beach Diet Recipes (south beach diet, south beach diet recipes, south beach diet beginners guide, south beach diet cookbook) Ketogenic Diet: The Best Diet For Rapid Weight Loss: Over 21 Recipes & Meal Plans Included (Ketogenic Diet, Seizure Diet, Anti Inflammatory Diet, High ... Diet, Epilepsy Diet, Paleo, Ketosis Foods) Paleo Diet: 1001 Best Paleo Diet Recipes of All Time (Paleo Diet, Paleo Diet For Beginners, Paleo Diet Cookbook, Paleo Diet Recipes, Paleo, Paleo Cookbook, Paleo Slow Cooker, Paleo Diet Meals)

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