

H. TITLE INFORMATION

MAN'S GUIDE TO MUSCLE

by Andreas Scholz

CONTENT:

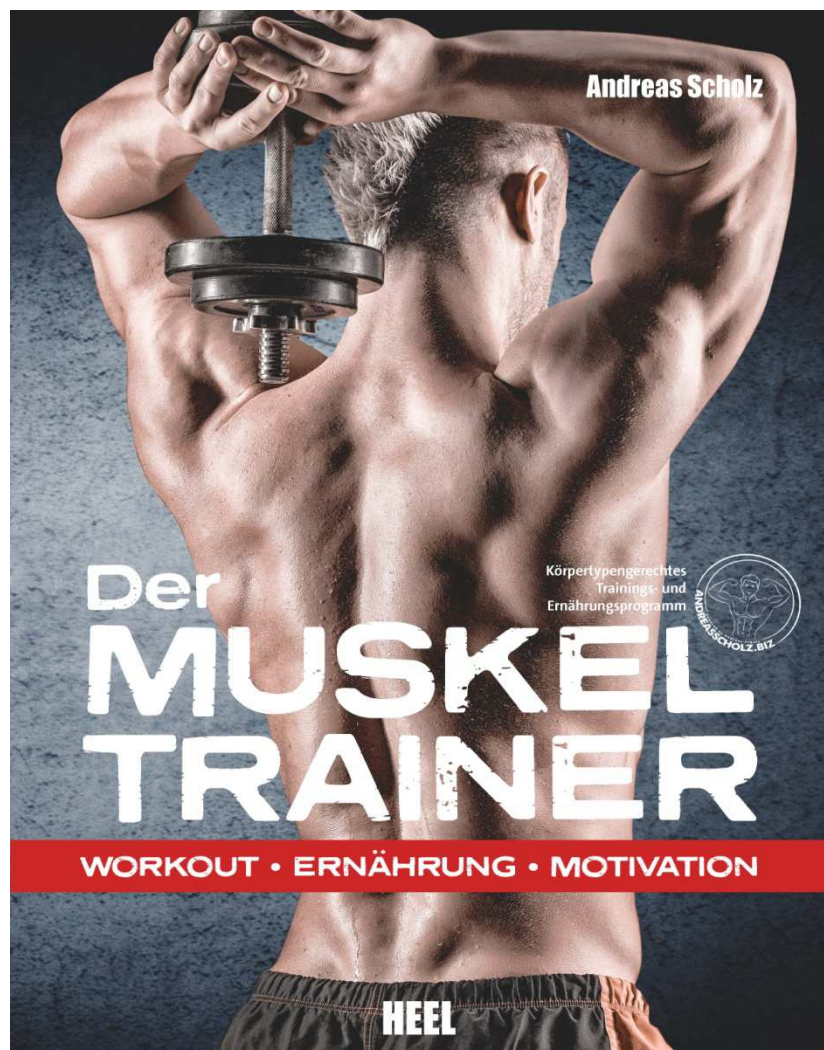
Here comes the ultimate guide for every guy who ever dreamt of forming the perfect body! The German author, Andreas Scholz, is an expert on Body Toning and successfully coaches men and women nationwide on how to achieve the perfect body. Following up the success of his previous two titles on body toning for women and general nutrition for athletes this time he focuses on male muscle and strength training. Besides presenting a vast number of workouts including precise explanations on how muscles perform during strength exercises, he also emphasizes the role of nutrition as one of the main keys to successful body toning.

Illustrated with lots of full-colour pictures as well as numerous instructive tables this title will definitely get you into shape!

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SPECIFICATIONS:

- 128 pages
- more than 200 full colour photographs
- word count: 21,572
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k.michelberger@heel-verlag.de ✦ s.becker-barth@heel-verlag.de ✦ www.heel-verlag.de