



Dolph Lundgren: Train Like an Action Hero: Be Fit Forever

Dolph Lundgren

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Are you ready to take your exercise and fitness routine to the next level? Then take a lesson from internationally-renowned action hero Dolph Lundgren, as he shares the personal fitness secrets gained from a lifetime of hard-fought experiences on-camera and off.

Dolph has created a personal philosophy of fitness based on martial arts, yoga, strength training, biochemical research, professional sports, and over 40 starring roles in classic action films. It's a logical, fun, and surprisingly easy path to total fitness—whether you're at the office, with friends, playing sports, or in class. This is the ultimate lifestyle to improve your health and build your physique!

Dolph Lundgren: Be Fit Forever—his autobiographical training guide—features weekly training programs, daily menu planners, guides to equipment and gear, fantastic photos from behind the scenes of Hollywood action movies, and more.

DOLPH'S SPECIAL TIPS:

1. Briefing: The reasons you need to get fit
2. Mission: Personal training and health philosophy
3. Weaponry: How to best combine strength exercises, cardiovascular, and flexibility training
4. Special Ops: Stick to your goals even while away traveling
5. Fuel and supplies: The best foods and supplements to build your body
6. Fit forever: Stay in shape for the rest of your life!

With detailed exercise plans and over 100 step-by-step photos, *Dolph Lundgren: Be Fit Forever* is the kickass guide to building a body that will look great and make you feel even better—forever.

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