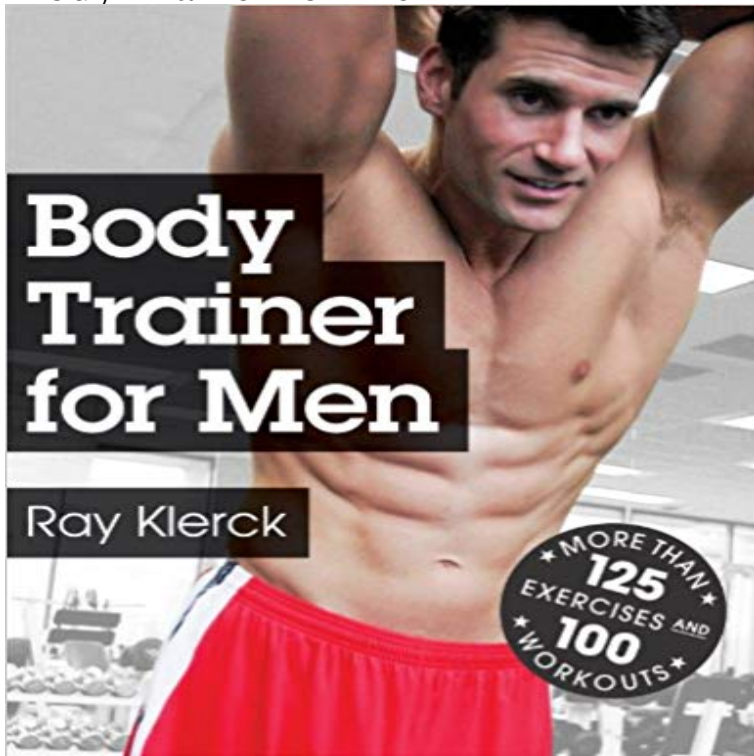


Body Trainer for Men



Ray Klerck, former fitness editor and now fitness and nutrition advisor for Mens Health UK and Australia, offers the workouts and programs for men striving to improve fitness and strength while developing the ultimate physique. Body Trainer for Men combines expert advice and the latest research with a highly visual design and full-color photography.

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