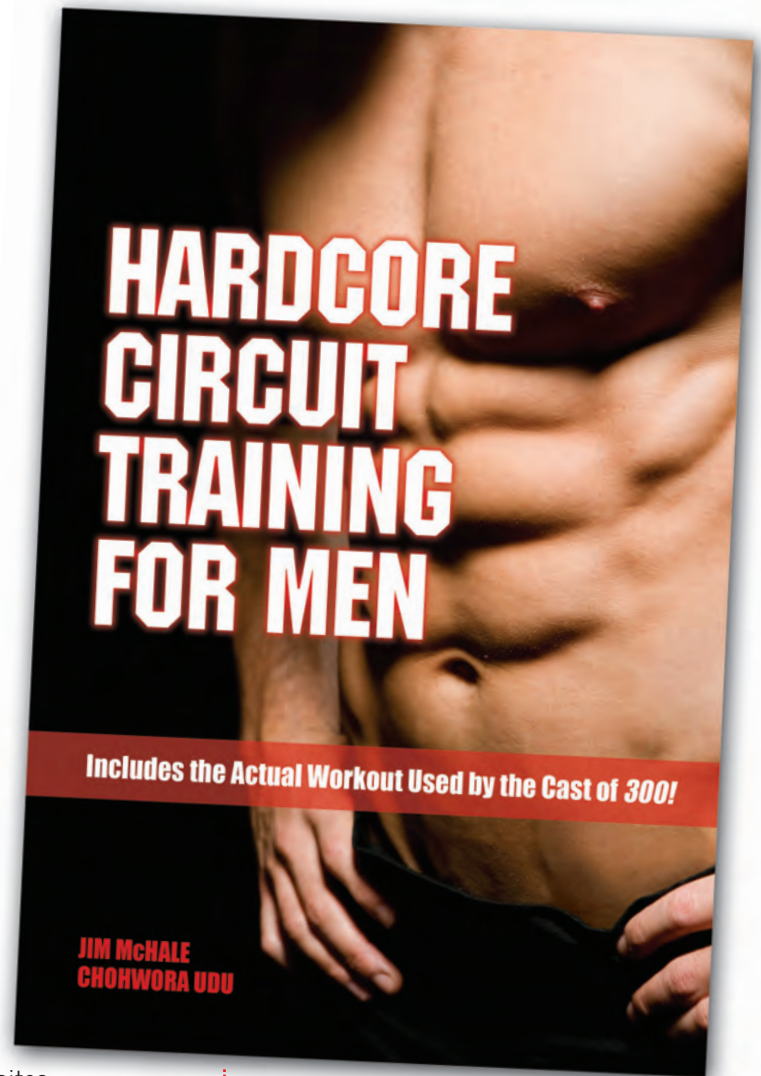


HARDCORE CIRCUIT TRAINING FOR MEN



DESCRIPTION

Hardcore Circuit Training for Men is truly the first of its kind. It is the only book in the world that focuses exclusively on circuit training for men. The book provides links to dozens of illustrative Web sites, including YouTube, for examples and elaboration of its techniques and methods to give the reader every advantage necessary to maximize his potential. Its workouts are diverse, creative, and proven. In fact, one proven workout is the exact circuit used by the cast of *300* as it prepared for filming.

This book is a no-nonsense approach to high intensity fitness training. The exercises and circuits provided will give the reader the motivation needed to get super fit, and the expertise required to dramatically improve muscular strength and aerobic fitness. In a park, a hotel room, a gym, or even the living room – there is a circuit here to suit every man's needs.

ABOUT THE AUTHORS

Jim McHale is an endurance athlete and ex-amateur boxer with more than ten years experience designing gym circuits. He has experience competing in Ironman Triathlon and other long-distance events including the 190 kilometer Libyan Challenge Desert Race. Jim has been associated with the fitness industry for more than 15 years.

Chohwora Udu has more than thirty years experience in boxing as both a professional fighter and as a coach. He has trained both professional and amateur boxers and he holds YMCA qualifications in gym instruction and circuit training. As a fitness instructor, Chohwora specializes in the areas of muscular endurance, strength, and flexibility. He currently lives in London, UK.

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