



Hardcore: Ronnie Coleman's Complete Guide to Weight Training

Michael Berg NSCA-CPT

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Eight-time Mr. Olympia Ronnie Coleman provides readers with motivation by demonstrate how to get that cut, hard look like the bodybuilding pros. With extensively detailed full-color photos, this work illustrates more than 50 exercises, detailing the body part-by-part. To prepare readers mentally for the challenge of bodybuilding, this work Coleman imparts the 12 rules that are the foundation of his training philosophy. These are the rules you tape to your mirror, memorize, and recite every day to put you on the path to bodybuilding immortality.

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