

[PDF] The Men's Health Big Book Of Exercises: Four Weeks To A Leaner, Stronger, More Muscular YOU!

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About the Author

ADAM CAMPBELL, is the fitness director for *Men's Health* and a National Magazine Award-winning writer. He holds a master's degree in exercise physiology and is a NSCA-certified strength and conditioning coach. Campbell has appeared on *Good Morning America*, *The Early Show*, and *VH-1*.

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