



# Atomic Fitness: The Alternative to Drugs, Steroids, Wacky Diets, And Everything Else That's Failed

*Steve Michalik*

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Author Steve Michalik firmly believes it's not the length of time or the amount of exercise that counts; it's the intensity of effort that improves an exercise and makes it successful. More is not better, he says-hard work in brief intensive training sessions is what produces the best possible results. Michalik's unique methods have resulted not only in his own championship status, but also that of countless champions he has guided to the top. This comprehensive guide to the physiological and psychological aspects of training to achieve a more perfect build naturally-without the use of steroids or other drugs-is clearly laid out in steps that take you down the road of mind over body to overcome barriers that might be keeping you from reaching your mental and physical goals. The first part of his lushly illustrated book lays out Mr. Universe's personally developed theories. His easy-to-understand exercises start with preconditioning routines to provide a foundation of optimum fitness levels for the real work to follow, and they progress from beginning, intermediate, and advanced, to super-advanced routines. In the second part of this book, you'll learn about the body's basic anatomy as well as the important role of nutrition. This part also includes a selection of tasty recipes for maximum benefits to the body. The book comes to a close with glowing testimonials, a glossary of terms, several appendices, and an index. Throughout this information-packed book, Michalik's positive approach will drive you to think, do, and be the absolute best possible!



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