

# **Bodybuilding Diet A Complete Guide To Supplements Nutritional Support And Dietary Tactics**

**Lucien Sina** 

#### **Bodybuilding Diet A Complete Guide To Supplements Nutritional Support And Dietary Tactics:**

<u>Ironman's Ultimate Guide to Bodybuilding Nutrition</u> Ironman Magazine,2000-02-01 This authoritative resource contains the best information on the specific supplements workouts and dietary programs used by champion bodybuilders Back cover

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