

## Lee Haney's Ultimate Bodybuilding Book: The 8-time Mr. Olympia's Revolutionary Program for Building Mass, Strength and Power

By Lee Haney, Jim Rosenthal

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**Lee Haney's Ultimate Bodybuilding Book: The 8-time Mr. Olympia's Revolutionary Program for Building Mass, Strength and Power** By Lee Haney, Jim Rosenthal

Lee Haney is the only man to win eight Mr. Olympia titles--and he won them consecutively. Host of his own television show, he is one of the most popular figures in bodybuilding and fitness. His work with boxer Evander Holyfield and basketball star Kevin Willis has proven that weight training can enhance performance in other sports; his Atlanta-based gym, Lee Haney's World Class Fitness Center, teams up with the city to promote general health and good fitness for everyone.

*Lee Haney's Ultimate Bodybuilding* presents the training program and mental preparation that helped Haney dominate the Mr. Olympia competition. Beginners and experienced athletes alike can learn from Haney, by following his instructions and examining the photographs that show the proper form for each exercise.

This book includes:

A beginners workout: a safe and doable program to get started

Advanced bodybuilding: Haney's secrets to building muscle mass, strength and symmetry

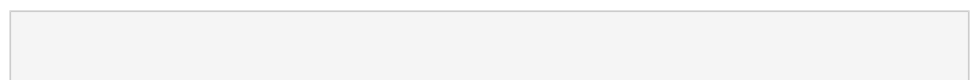
A healthy, safe, steroid-free nutrition and diet plan

Cross-training workouts for other sports, including Haney's special program for Evander Holyfield

The Mr. Olympia titles in review

Tips for competitive bodybuilders, from mental readiness to the seven mandatory poses.

Comparative photographs of other top bodybuilders



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### **Editorial Review**

About the Author

Lee Haney lives in Atlanta, Georgia with his wife Shirley and children Joshua and Olympia.

Jim Rosenthal, executive director of *Weider Health & Fitness*, covers weight training, diet, aerobics, and other health issues. He lives in Santa Monica, California.

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