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La presente obra abarca aspectos del fisicoculturismo como nutrición, ejercicio y esteroides, que son importantes para identificar las verdades y los mitos que rodean el deporte, además se da una breve información de culturistas famosos los cuales lograron grandes records en el deporte. La información contenida en este libro se expone de forma sencilla entendible para cualquier persona interesada en conocer más sobre el tema; en lo concerniente a rutinas y ejercicios se describen gráficamente para mayor comprensión por parte del lector.

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