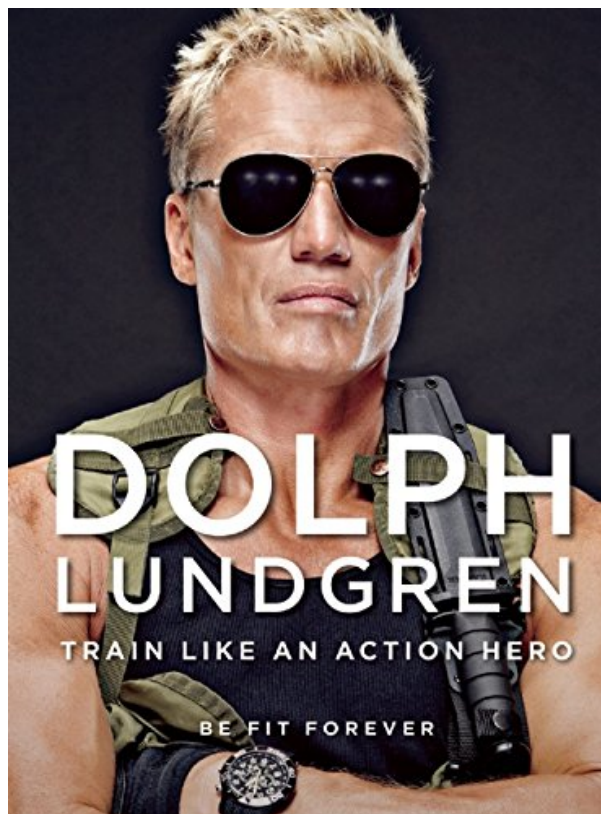
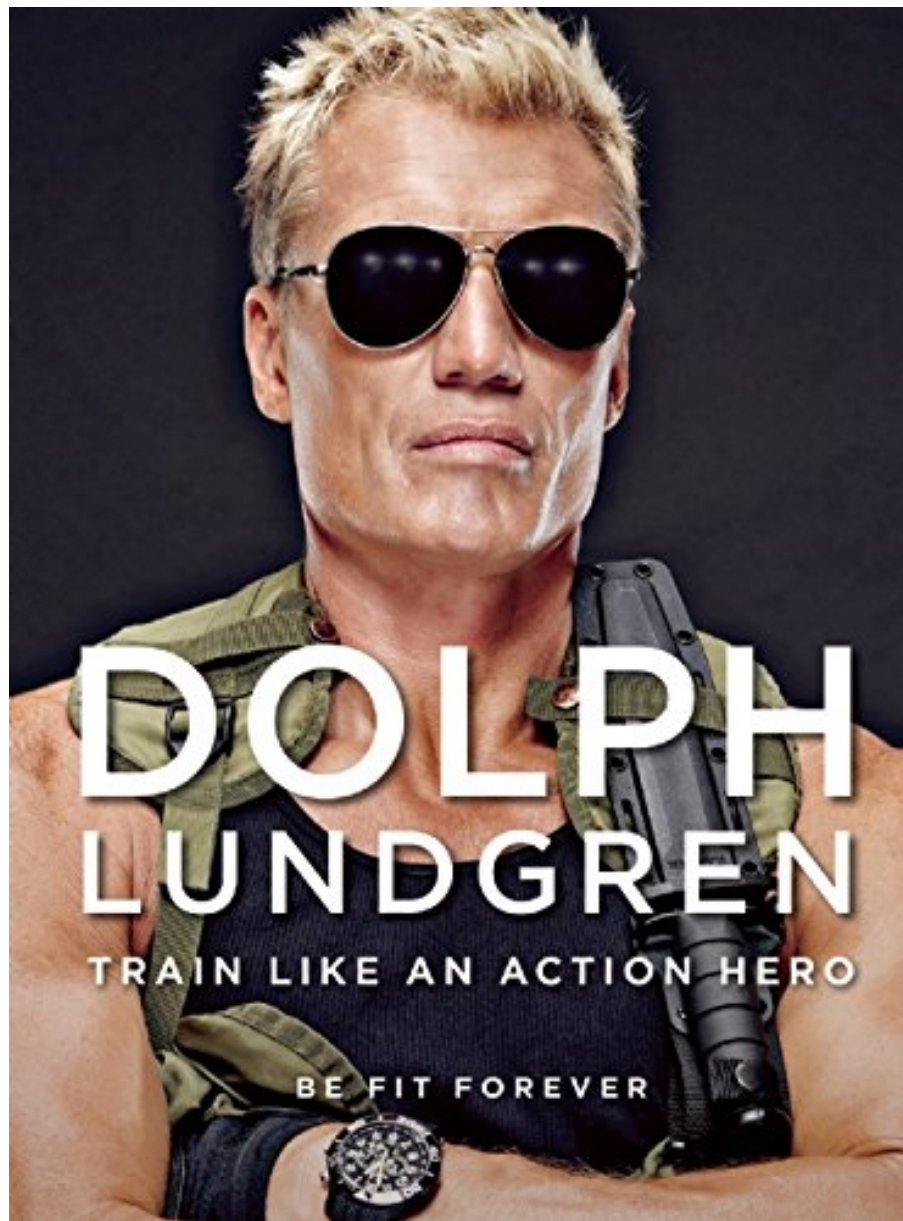


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About the Author

Dolph Lundgren began his career earning a Master's Degree in Chemical Engineering, became a Fulbright scholar, military officer and international black belt karate champion, before switching tracks and entering the world of Hollywood as an action hero. His breakthrough came in Rocky IV (1985) where he played the formidable Soviet boxer Ivan Drago opposite Sylvester Stallone, with whom he recently reunited onscreen in the blockbusters The Expendables and The Expendables 2.

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Are you ready to take your exercise and fitness routine to the next level? Then take a lesson from internationally-renowned action hero Dolph Lundgren, as he shares the personal fitness secrets gained from a lifetime of hard-fought experiences on-camera and off.

Dolph has created a personal philosophy of fitness based on martial arts, yoga, strength training, biochemical research, professional sports, and over 40 starring roles in classic action films. It's a logical, fun, and surprisingly easy path to total fitness—whether you're at the office, with friends, playing sports, or in class. This is the ultimate lifestyle to improve your health and build your physique!

Dolph Lundgren: Be Fit Forever—his autobiographical training guide—features weekly training programs, daily menu planners, guides to equipment and gear, fantastic photos from behind the scenes of Hollywood action movies, and more.

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6. Fit forever: Stay in shape for the rest of your life!

With detailed exercise plans and over 100 step-by-step photos, Dolph Lundgren: Be Fit Forever is the kickass guide to building a body that will look great and make you feel even better—forever.

- Sales Rank: #590956 in Books
- Published on: 2014-09-09
- Original language: English
- Number of items: 1
- Dimensions: 10.19" h x 7.50" w x 7.50" l, .0 pounds
- Binding: Hardcover
- 176 pages

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This is a beautiful book with lots and lots of color pictures

By The Swan

This is a beautiful book with lots and lots of color pictures. The cover is amazing. Had I been allowed to look at it and give a value I would have said \$50-\$60 easily just because it is so well made.

For those of you, like me, who really are not looking to train like an action hero, the book is full of autobiographical accounts from Mr. Lundgren's life. I really enjoyed the read.

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The book is inspiring. It contains a lot of useful recommendations. It has helped me to make my workouts more interesting and various. I trust Dolph's experience because he is not only an actor but also real master of martial arts. I recommend the book to everybody who takes care about the body and health. The book is useful for beginners and interesting for professionals.

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