



The Body Sculpting Bible for Men, Fourth Edition: The Ultimate Men's Body Sculpting and Bodybuilding Guide Featuring the Best Weight Training Workouts ... Plans Guaranteed to Gain Muscle & Burn Fat

By James Villepigue, Hugo Rivera

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Editorial Review

About the Author

Hugo A. Rivera is an ISSA Certified Personal Trainer, engineer and international best-selling fitness author with over 25 years of bodybuilding experience.

James Villepigue is a nationally certified personal trainer and Certified Strength & Conditioning Specialist, under the National Strength & Conditioning Association (NSCA-CSCS). He has been educating and motivating people to achieve physical perfection for over 25 years.

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