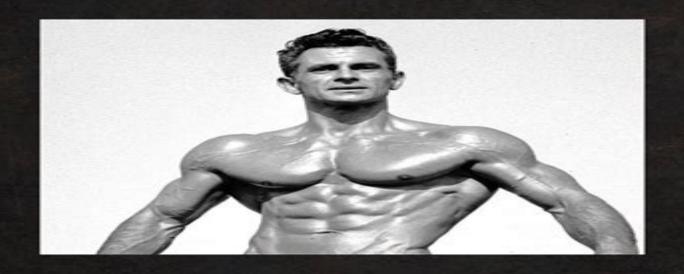
EATING THE VINCE GIRONDA WAY



BY GREG SUSHINSKY

Training And Eating The Vince Gironda Way

Alan Palmieri

Training And Eating The Vince Gironda Way:

Training and Eating the Vince Gironda Way Greg Sushinsky, 2015-03-16 Vince Gironda the name resounds throughout bodybuilding still This accomplished bodybuilder and master trainer left a wealth of ideas and methods on training and nutrition that still has relevance today Though many of Vince's concepts are known they re often not well understood That's where this little book comes in Originally written as two separate articles on Gironda's training and nutrition they we been combined due to readers requests This modest volume of concentrated material gives a condensed introduction of Vince's principles on training and nutrition for beginning bodybuilders yet there are also surprising insights on Vince's methods and ways to apply them even for advanced bodybuilders. This handy guide takes you on a guick trip through Vince's methods of training including some of the exercises he used and why he used them Also featured is a unique physique analysis which bodybuilders can apply to their own training The nutrition section features clear explanations of Vince s dietary principles and how to apply them There are also insights into the reasons for the exercises and diets Rarely has Vince's material been tied together so clearly so concisely in ways that shows how to apply it Natural bodybuilders especially will find this volume helpful Anyone searching for better drug free ways to train and eat will be able to apply these methods to their bodybuilding The author an experienced natural bodybuilder and trainer has spent years researching using and experimenting with Vince's methods and brings his insights to you in this book Many advanced bodybuilders who are experts in the methods of Vince Gironda have praised this book as a little gem Get in on the Vince Gironda training and eating ways right now Eating the Vince Gironda Way Greg Sushinsky, 2015-02-28 There is much confusion about the nutritional principles of legendary bodybuilding trainer Vince Gironda In this short article much of that confusion is cleared up It features clear explanations of Vince Gironda's nutritional approach and some ideas as to how to apply this to your own eating It's especially helpful for beginners or those unfamiliar with Vince's approach to nutrition but there is also insight for more advanced bodybuilders Many bodybuilders understand bits and pieces of Vince Gironda's nutrition but this article helps tie together the principles Experienced bodybuilders who read this often gain a better understanding of how to apply Vince s ideas on nutrition to their own eating Lots of great info packed into a few pages This article is a little gem Approximately 8 Eating the Vince Gironda Way Greg Sushinsky, 2015 There is much confusion about the typed pages 4000 words nutritional principles of legendary bodybuilding trainer Vince Gironda In this short article much of that confusion is cleared up It features clear explanations of Vince Gironda's nutritional approach and some ideas as to how to apply this to your own eating It's especially helpful for beginners or those unfamiliar with Vince's approach to nutrition but there is also insight for more advanced bodybuilders Many bodybuilders understand bits and pieces of Vince Gironda's nutrition but this article helps tie together the principles Experienced bodybuilders who read this often gain a better understanding of how to apply Vince s ideas on nutrition to their own eating Lots of great info packed into a few pages This article is a little gem Approximately 8

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