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The Bodybuilder's Nutrition Book-Franco Columbo 1985-09-22 Dr Franco Columbo, a well-known expert on nutrition and kinesiology (and two-time Mr Olympia) presents the most successful strategies and diet plans for achieving a superior physique How the body utilizes the basic nutrients and how to use that to your advantage is explained in detail

The Bodybuilders Nutrition Book

The Bodybuilder's Nutrition Book by Franco Columbu One of the best and most comprehensive books on bodybuilding is Franco Columbu Bodybuilder's Nutrition Book In this 81 page book, Franco talks about how many other diet books don't cover everything you need as a Page 8/28

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