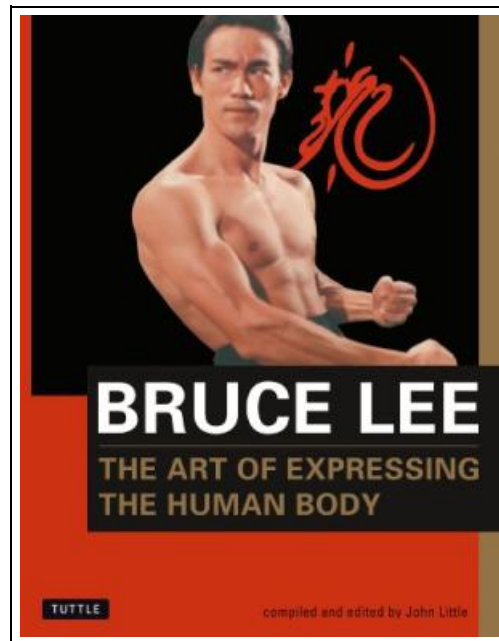


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Reviews

It is simple in read easier to understand. I am quite late in start reading this one, but better then never. Its been designed in an exceptionally easy way in fact it is just following i finished reading through this publication where basically transformed me, alter the way i really believe.

(Ms. Christy Ondricka DDS)

BRUCE LEE THE ART OF EXPRESSING THE HUMAN BODY (PAPERBACK)



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Tuttle Publishing, United States, 1998. Paperback. Condition: New. Language: English . Brand New Book. Learn the secrets to obtaining Bruce Lee s astounding physique with this insightful martial arts training book. The Art of Expressing the Human Body, a title coined by Bruce Lee himself to describe his approach to martial arts, documents the techniques he used so effectively to perfect his body for superior health and muscularity. Beyond his martial arts and acting abilities, Lee s physical appearance and strength were truly astounding. He achieved this through an intensive and ever-evolving conditioning regime that is being revealed for the first time in this book. Drawing on Lee s notes, letters, diaries and training logs, Bruce Lee historian John Little presents the full extent of Lee s unique training methods including nutrition, aerobics, isometrics, stretching and weight training. In addition to serving as a record of Bruce Lee s training, The Art of Expressing the Human Body, with its easy-to-understand and simple-to-follow training routines, is a valuable source book for those who seek dramatic improvement in their health, conditioning, physical fitness, and appearance. This Bruce Lee Book is part of the Bruce Lee Library which also features: Bruce Lee: Striking Thoughts Bruce Lee: The Celebrated Life of the Golden Dragon Bruce Lee: The Tao of Gung Fu Bruce Lee: Artist of Life Bruce Lee: Letters of the Dragon Bruce Lee: Jeet Kune Do.



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