



Keys to the INNER Universe

Bill Pearl

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Bill Pearl's *Keys to the INNER Universe* is the most complete and comprehensive manual ever published on bodybuilding and weight training.

Keys to the INNER Universe covers every major weight training topic from nutrition to mapping out various training programs. There are over 1200 fully illustrated exercises with proper names and a “degree of difficulty” given for each exercise shown in this encyclopedia. You can choose from hundreds of different exercises for each muscle group and select those exercises that are best suited for your present physical needs.

Pearl reveals ALL THE SECRETS used that enabled him to win the Mr. Universe title four times and reign as “King of the Bodybuilders” for nineteen years.


This book is designed to help everyone, the young, the old, the weak, the strong, the coach, the gym instructor, a major league football team, or a YMCA weight room. Nobody, man or woman, has been ignored.

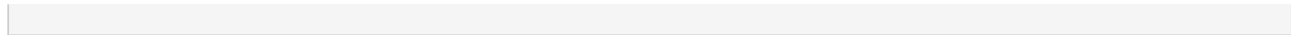
- Covers every aspect of bodybuilding and weight training
- A Must for Coaches, Trainers and Gym Instructors
- Over 250,000 copies sold
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- Exercises for Champion Physiques
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- Learning to Pose
- Muscles and Energy
- Nutrition and Virility
- Pearl s Contest Career
- Prolonging Your Productive Years
- Proper Attitude
- Women and Weight Training

This encyclopedia can add years of pleasure to your sport. It can give you an education into bodybuilding that has never before been available. It can add new dimensions to a possible better life style.

It's all there for the reading!

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