



Triple H Making the Game Triple Hs Approach to a Better Body WWE

By Triple H

Gallery Books. Paperback. Book Condition: New. Paperback. 208 pages. Dimensions: 8.9in. x 7.0in. x 0.6in. Love him or hate him, Triple H does what he wants, when he wants to do it. And now, for the first time anywhere, he tells you how he does it -- and how you can, too. Making The Game -- Triple Hs Approach to a Better Body is Triple Hs verbal and visual blueprint for building your body. He discusses how a Jones for bodybuilding and a love for wrestling morphed a skinny, 135-pound fourteen-year-old into one of the biggest Superstars in World Wrestling Entertainment. But be warned -- the Cerebral Assassin has two words for anyone whos not serious about the craft: Complacency sucks! Hes spent the past twenty years living by the philosophy that training results in improved strength and conditioning, self-discipline, and an ability to focus on setting goals. This book isnt for pantywaists whod rather exercise their egos. Triple H had help along the way. He didnt get to be that damn good without the support of a loving family. And over the years several bodybuilders (including world-renowned trainer Charles Glass) worked with him to develop the best training regimens. Their...



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