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Building Muscle and Performance: A Program for Size, Strength & Speed

Nick Tumminello

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Every weekend warrior has two goals: compete successfully and look great doing it. Enter *Building Muscle & Performance: The Program for Strength, Size, and Speed* by expert trainer Nick Tumminello.

By combining the most effective approaches and exercises, Tumminello has developed a high-octane, high-efficiency system for building muscle and boosting performance. Step by step you'll learn the best exercises for increasing speed, explosiveness, athleticism, and endurance. Push yourself to the limits with strength and power lifts and progressions, power training drills, and cardio conditioning workouts. The results are challenging yet exhilarating. You will discover performance and physique that you never thought possible.

Building Muscle & Performance includes numerous exercises and ready-to-use programs. Detailed photo sequences depict every movement as well as variations to increase or decrease difficulty. You'll find expert advice, equipment tips, and safety precautions. More important, you'll find the results you've been looking for.

You no longer have to choose between a chiseled physique and athletic performance. *Building Muscle & Performance* delivers the best of both worlds: the muscle and the hustle!

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