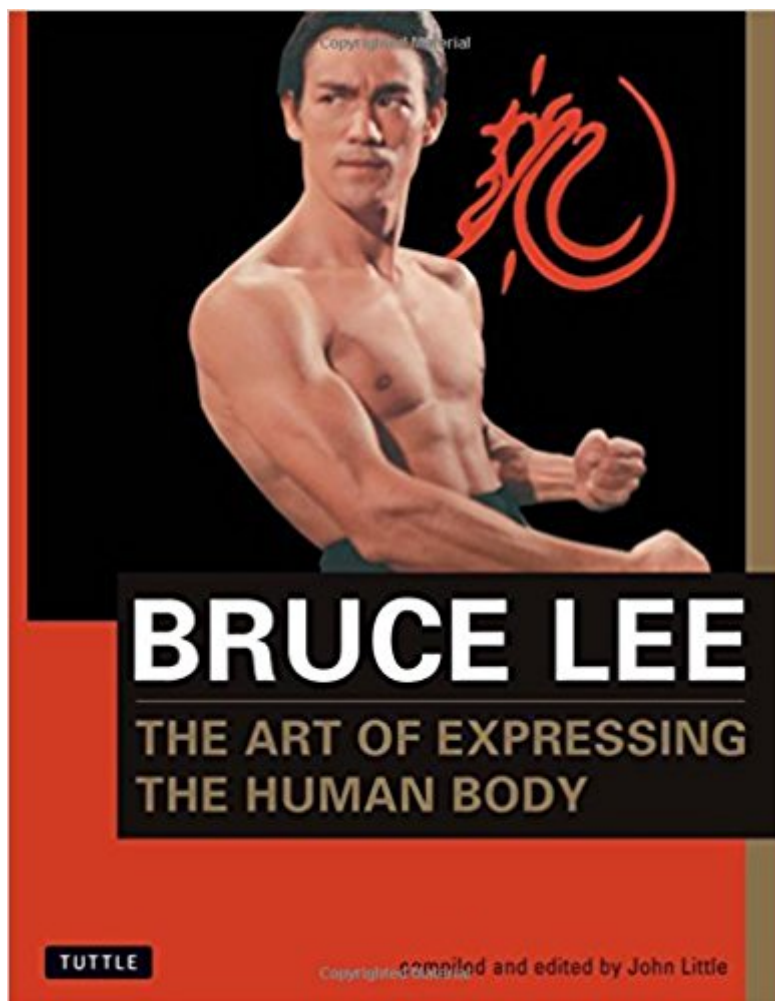


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# The Art Of Expressing The Human Body



## Synopsis

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 own 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 own 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*

## Book Information

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## Customer Reviews

Some people may be skeptical about Bruce Lee as a martial artist, bodybuilder, fitness enthusiast, etc. But in reality one need not be a fan to understand the brilliance to his methods. The book always emphasizes that Bruce was all about changing things, looking and trying all aspects, then

deciding what stays and what is unnecessary. Like chiseling away the pieces of stone to carve a statue. After having done extensive research into bodybuilding, fitness, martial arts, Asian Medicine, Eastern Philosophy, exercise physiology, and dietetics I can honestly say that this book is very advanced. What I mean by this is that one has to do his/her own research to decide about the methods outlined. Indeed some of the research is outdated. For example the couplings of incomplete proteins and complete is slightly flawed in logic. However, you must not forget these methods were employed way before large advances were made in the way of sports nutrition and supplementation. In the training aspect any normal human would indeed be overtrained. But the body is a magnificent creation and can adapt to anything that it encounters. Shaolin Monks, Ultra Runners, Olympic Gymnasts... they all do things that would overtrain any of us normal people. But they are not overtrained. Indeed Bruce had trained long and hard to become as resilient as such. As someone who has done a little Personal Training I have to say that his development when he started lifting weights showed his ability to adapt. His body became very muscular very quickly. However, for those who think steroids were his thing... they were not. Not only did he believe in the natural way he also believed that a bulky body will decrease flexibility and overall speed and endurance.

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