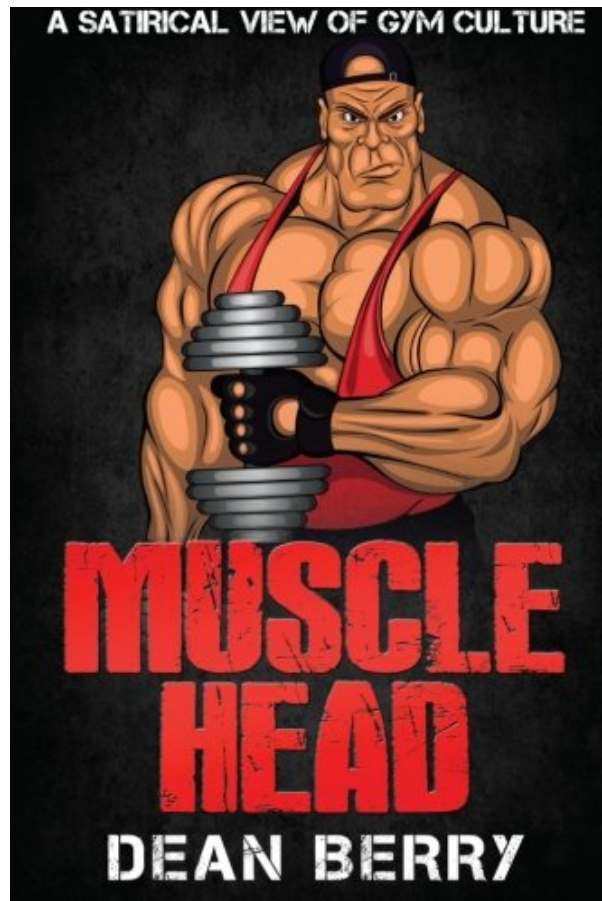


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A satirical view of gym culture.

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Hilarious! a quick and easy read.

By JB Lewicki

The author has a real talent for sharing the misguided behaviors and attitudes that occur in various gym settings, which are expounded upon in a twisted and hilarious fashion. It's a fast and easy read. I definitely recommend it for experienced "gym rats" or even you have never been to a gym before, but you might not immediately connect the dots on some of the humor until you been there a while, then you will easily pick out the humor of the characters illustrated throughout this book.

PS: There is absolutely nothing wrong with doing curls in a squat rack!

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Great book. I have been going to the gym ...

By FrankC

Great book. I have been going to the gym for 45 years- Berry's advice is spot on.

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