



The Superstar Body: Real-World Techniques for Achieving Your Goals

Nick Aldis

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A pro wrestler offers his unique, winning combination of physical bodybuilding techniques, mental outlook, and health awareness

Half instructional, half motivational, this guide describes what it takes to make your body into a vehicle for success. Nick Aldis—better known as Magnus from TNA Impact Wrestling, formerly "Oblivion" from Sky One's *Gladiators*—takes you through his life and career, focusing on how he's achieved a body that is in great balance in terms of functionality, health, and aesthetics for his needs. As the first ever British professional wrestling champion in a major global promotion, Nick explains how his passion for working out helped him achieve his goals—and how you can do the same. Most fitness books are either about bodybuilding or weight loss. *The Superstar Body* explains the core principles of both, looking at healthy foods and supplements, nourishing yourself mentally as well as physically—and how to maintain a healthy, athletic, attractive body with real world techniques.

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