



Four **Body-Changing**  
Workouts for **Building Muscle,**  
**Losing Fat** and Looking Good  
Enough to Hook Up

# BUILT FOR SHOW

NATE GREEN

FOREWORD BY LOU SCHULER, AUTHOR OF *THE NEW RULES OF LIFTING*

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Built for Show: Four Body-Changing Workouts for Building Muscle,  
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However, I personally didn't approve of his purpose in writing the book, plus some of his vocabulary is rather. good for the beginner basic n has pictures We got this to provide as a gift for a newbie that wants to learn where to start n well he appears to be taking pleasure in it . The downside of the home training though is usually that it can be harder to lift weighty weights, and my excess weight has now dropped all the way down to 155. The reserve contains a year-long program that starts with some sort of warm-up phase in the Fall (it doesn't actually matter what the growing season in fact is when you start), progresses in to a bulking phase in the Winter, builds even more general fitness in the Spring, and finishes with a slicing phase in the summertime. It required me about 18 months to complete the program because of travel and accidents, but I trapped with it and I can say that it really did change my life. Important thing, buy this reserve, but remember that YOU have to get off the couch and move on to function. And my (today) wife got to admit that I looked a lot better.

**Building a Program: Putting everything together.** This book is very motivating, and each and every time I go through it, I walk away with a renewed sense of motivation to attain my fitness goals. In the better NROL/S2B examples, entire chapters are devoted to nutrition, proper type, the philosophy of workouts predicated on big functional actions, training quantity for different goals, etc. I liked the focus on full-body training and practical fitness. Having completed Constructed for Show, I'll under no circumstances workout without using some sort of program again - it's a much more effective and interesting way to train than visiting the gym and just doing whatever.

The info and advice offered should certainly form the basics which you will build your weight training path for here-on-forward. In the end, the key to attracting females is actually being the type of man that women want to be with, and Nate provides some sensible advice on that entrance. Ideal for beginners and intermediates (and almost all us fall in that category). I also believe that even more concentrate might have been put on the form of the exercises. I hurt my spine and neck on several occasions, so probably insisting that readers talk with a trainer in the beginning of each phase to undergo the actions for that phase would have been a good idea. I'm writing this review having completed the book and deciding whether to really plan workouts predicated on it or get NROL Supercharged which I just now discovered is available. This essentially needed force-feeding myself (some days eating/drinking up to 10,000 calories). Although I believed I was just a little over weight, I received many compliments and it transformed the way I considered myself. After using an assortment of other routines, none which I would particularly recommended, I found P90X and now I'll only ever train in the home. It's just as well practical. That decision led me to get Built for Display, and I credit Nate Green for teaching me the basic of how to actually teach in the fitness center. BUT, I am a ripped 155 and incredibly happy with how Personally i think and how my own body moves. I bought it thinking I might grab some new techniques but it really did not deliver. Thanks Nate! \*Perhaps\* The very best beginner / intermediate guide to weight training. A genuine game changer. Like any other field; weight training has many books written for it: some great, some ok, some down-right awful. It really is safe to state that nobody person, reference or publication can claim to be the "be all, end all" authority about them. With that said, this publication definitely falls beneath the "great" category.

**Cons:** Some of the workout routines (especially in the Winter) really did take too much time, and the summertime workouts were so intense that We developed center palpitations from over-schooling (they went apart once We broke the exercises in half and did four half workouts weekly). And I believed the life-style suggestions were entertaining and relatively helpful. Important factors covered:

**Exercise Selection:** On what basis in the event you choose your exercises? raunchy..

**Overview of Green's Built for Show** The voice here's excellent, though

the book is quite basic and colorless inside. You will not be disappointed. Do we actually know everything we believe we know about putting on muscle and losing fat? Summary: Great reserve for someone who's just getting into working out. Steroids, Genetics & I usually advise to learn exercise technique first-hands, for (almost) the rest: just read this book. This book won't sell you a false promise of becoming the next Arnold, but it will show you how to become the best you could be, and that only is pretty damn good. Nourishment: Realistically speaking, how can the average urban guy eat everyday to be able to maintain an excellent looking, good performing physique? Supplementation: Do we really need all these supplements? A number of them? None of them? Just don't claim it doesn't work until you give it all you have. The author's attitude shines through the text, making this a fun read, actually for an openly gay guy who has very little interest in impressing females. Don't knock it till you check it out; Training Principles: So how exactly does our body react to exercise? Reality: Can most of us look like celebrities and fitness models? Exceptional job Nate. I enjoyed reading this I enjoyed scanning this, but there is not much here for an average joe or anyone much older than Nate. He's a great man and writes well. I don't consider this a beginners guidebook, nor is it practical for advanced trainers. If you're young and athletic, this might be just the instruction that you need. Frequency: Just how much and how often should you weight train and just why? If the tips in this publication seems absurd, fine. ;) If you're selecting between this and Scrawny to Brawny, understand that this is actually the superior option. It is the same material, but much less dry and technical.. EXERCISE ROUTINE Challenging - Didn't Trust Purpose I came across Nate Green's Built For Show Workout Program both challenging and smartly made - very well worth my effort and time. I specifically liked his program of Season/Stage/Workout, alternating sets and reps, A and B times, etc. Review from a person who did the complete year-long program Several years ago, at age 34 and following a group of traumatic life events, my weight had dropped to 132 pounds (I'm 5'11")... What's the difference between "isolation" and "compound" exercises? I just say that to warn those who are an teensy bit squeemish. The conclusion was my favorite, where he talked about what he discovered from lifting. Nate earns humor into the text, making it an easy and fun read. Therefore, in the end it has been a trip, and I credit Nate Green for helping me get started. You are better off buying various other books on bodybuilding like the golds Fitness center/Weider books. When I began to date the female who eventually become my partner, and I then found out that her last boyfriend had been in the armed service, I thought it might be a good idea to get in better shape despite her protests to the contrary...he says it simple to follow and that it has some pictures of the different types of exercises in the trunk as well. Highly motivating, funny, yet...Sets, Repetitions & Advantages: Nate is engaging and funny, so you experience you have a training partner in the fitness center. Not worth it This wasn't an excellent book for individuals who work out regularly. Faulty life advice, peppered with exercises better described elsewhere My background arriving at this book: To begin with, I'm a late-twenties gay man, so reading Nate's guidance on getting women was for natural amusement or even to be skipped entirely. For some subjects, Nate will err privately of generalization without offering more descriptive ideas and suggestions. Upon completion of the program I was about 165 pounds plus much more physically able than I have been at 132. Nate won't do it for you. Right now for the 'but': the workout timetable seems a tad complicated, used, although it appears very easy in theory. For the past two years I am using workout routines from Scrawny to Brawny by John Berardi of Accuracy Nutrition and New Rules of Lifting by Lou Schuler and Alwyn Cosgrove. I am doing well but was looking for something new for range and acknowledged Nate Green's association with those guys and their stellar applications. Next steps: Following Built for

Present, I used Large in a rush for about six months and got up to 187 pounds.. and making me regret my purchase of Built for Display. Hands-down, anything from Schuler/Cosgrove, or Berardi is way better than this if you are serious about weight lifting. The workouts have become similar, but not explained nearly as well. The workouts are fun and well-designed... Although Nate Green seems to have adopted a lot of the same tips, he doesn't go into any explanation.. You don't need to understand muscular cell framework to lift weights.



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