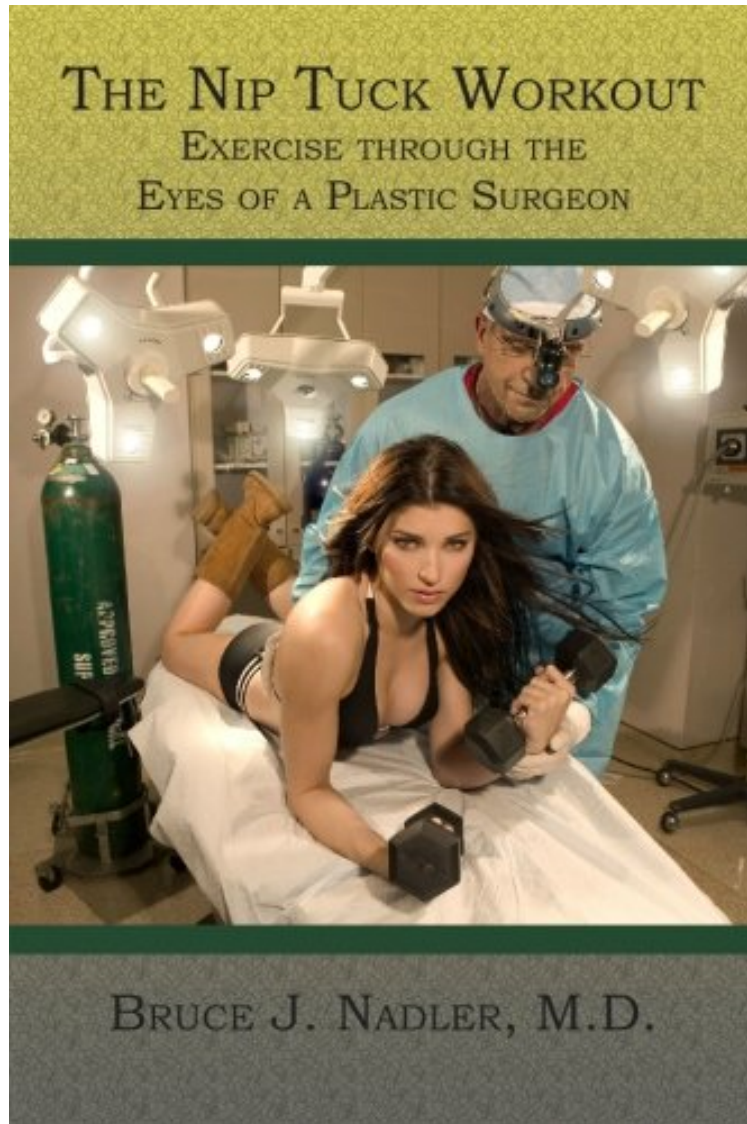


(Ebook pdf) The Nip Tuck Workout: Exercise through the Eyes of a Plastic Surgeon

The Nip Tuck Workout: Exercise through the Eyes of a Plastic Surgeon

Bruce J. Nadler M.D.

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Bruce J. Nadler M.D. : The Nip Tuck Workout: Exercise through the Eyes of a Plastic Surgeon before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Nip Tuck Workout: Exercise through the Eyes of a Plastic Surgeon:

1 of 1 people found the following review helpful. Informative Witty !!!By Vgirl007This book is written in a smooth easy-reading way that makes you feel like you're in a conversation with the author. This book is informative as well as

witty , with so much detail for a beginner as well as facts for a novice gymrat! I knew Dr Nadler he was the same way in person. He was always a wealth of information, like a "walking encyclopedia". He goes above and beyond to capture that exactly. I have been working out for many years still I was able to pick up some facts I did not know, particularly about why in which one should or should not do certain movements or exercises in certain ways. Another example would be that for years I was told by trainers to do cardio first before weights. Dr Nadler explains the medical reason why we should do exactly the Opposite! I'm so glad I purchased this book! 1 of 1 people found the following review helpful. No pictures! By Ev Doherty OK, call my shallow, ADD, whatever.... You would think that a book, by a man who specialized in making people beautiful, would have a few photos in the book. I personally like my self-help books with pictures, especially of the exercise section. ---Any who, the review: The book is very informative the doctor knows his stuff. I've been doing the exercises for about three weeks, and have noticed a difference. It's good to see someone offer non-surgical solutions to body problems. Even without the pictures, it's still a 5-star. 7 of 8 people found the following review helpful. Finally the truth! By Gym Bunny Even though I claim to exercise to be healthy, the truth is I do it to look better. Finally here are exercises devised with that aim in mind. The author's background makes him one of the few that could successfully write a book like this. The advice is solid and the book is actually fun to read. There are no promised miracles or any re-hash of things I've read and heard about time and time again. There is however a well thought out and original concept that seems to be worth trying. Since Dr. Nadler is as familiar with plastic surgery as he is with exercise, there is even a chapter on options available if exercise and diet were not enough.

Having retired from plastic surgery after 28 years, Dr. Nadler has taken the artistic ability and eye for detail that made him a world renowned plastic surgeon and applied them to personal training creating 'The Nip Tuck Workout.' It is a unique concept based on achieving beauty through creating symmetry and proportion. This is not body building; this is body enhancing! It is the ultimate in non-surgical body shaping suitable for the novice or the veteran.

About the Author Bruce J. Nadler, M.D. is a retired plastic surgeon after practicing for 28 years. He is also a personal trainer certified by the American College of Sports Medicine and the International Sports Sciences Association, a competitive body builder and a NPC bodybuilding and figure competition judge. He has founded X-M.D. Fitness, Personal Training Systems, a unique exercise program based on the plastic surgical principles of proportion and symmetry. He currently lives on Long Island with his wife Terri and greyhound, Libby