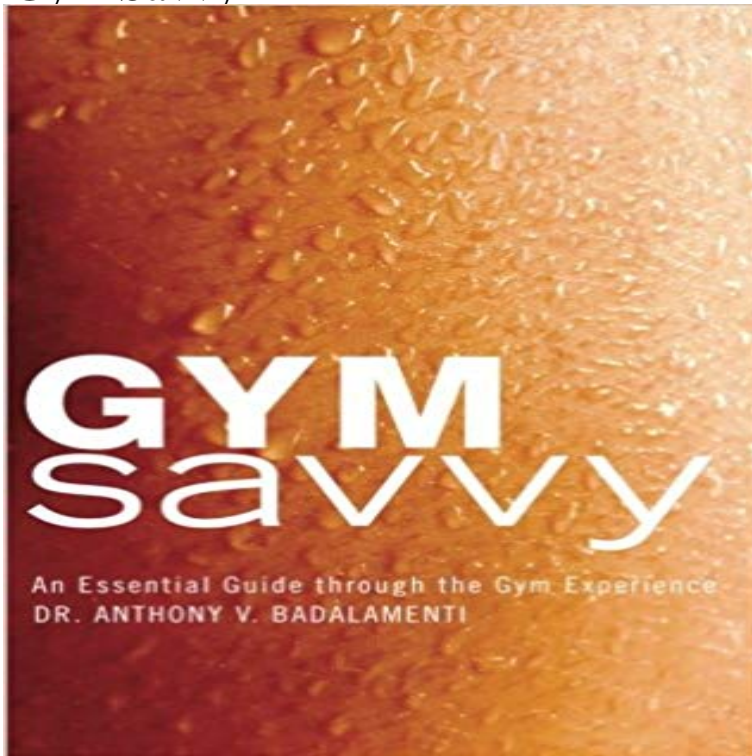


Gym Savvy



Gym Savvy is an excellent book for the novice looking to become physically fit. It is a complete guide to the ins and outs of a safe and successful gym experience. I would recommend it highly! - J. Prestamo, Freeport New York. Are you Gym Savvy? Do you know where to start when it comes to fitness? You may not, but there is someone who does! Gym Savvy is the ultimate guidebook to the fitness world. From reasons to exercise and eat healthy to training tips for gaining the shape you want, Dr. Anthony V. Badalamenti brings decades of knowledge to your fingertips in a book packed with must-have information. As a treat he relays valuable training secrets from the world of bodybuilders and biokinetics. After this solution-filled, encouraging book, anyone will be able to have a happier, healthier life! At fifteen years old, due to his emaciated physical condition and subsequent health problems, Anthony Victor Badalamenti decided to take a proactive approach in dealing with these issues. He turned his frail frame into a healthy physique and power-lifting title-holder. While attending Brooklyn College, he worked for the Dan Lurie Barbell Company and became the associate editor of Muscle Training Illustrated magazine. He also made several television appearances including Mid-day Live with Lee Leonard, AM New York with Chuck McCann, and made an appearance in the movie Pumping Iron with Arnold Schwarzenegger. He has been practicing chiropractics for more than twenty years. In addition to his book Gym Savvy, he is the author of Mr. Brooklyn, a screenplay inspired by a true account of his experiences as a teacher in Bedford Stuyvesant. You can learn more about Dr. B at www.DoctorB.com.

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