

INTRODUCTION

Why is Charles Glass the Godfather of Bodybuilding? Charles has over 40 years of experience as a trainer. Charles has modified his methods through years of practical experience, observation, and results to produce dramatic and significant gains to anyone that applies them. Prior to becoming the Godfather of Bodybuilding, Charles was an engineer. His engineering background gave him additional insight and perspective on ways to manipulate the angles of exercises to improve their ability to recruit muscle fibers. Charles is known for adjusting exercises so that a greater number of muscle fibers are recruited, which leads to greater development of the trained muscles.

The world has numerous people that are deemed exercise and fitness experts. With Charles, the proof is in the pudding. His clients cross the spectrum from celebrities, fitness athletes, and pro athletes to everyday people. His list of clients includes some of the most successful people in the fitness industry, such as:

- Flex Wheeler
- Dwayne "The Rock" Johnson
- Gunter Schlierkamp
- Shawn Rhoden
- Chris Cormier
- Paul Dillett
- Guy Cisternino
- Hidetada Yamagishi
- Wesley Snipes
- Steve Cook
- Eddie Bracamontes
- Sugar Ray Leonard
- Magic Johnson
- Ben Pakulski

By the end of this book, you will have a greater understanding of how to design a workout program for yourself. You should have an understanding of how many sets and reps and what kinds of rest intervals are needed to make a workout effective. And you should have a better grasp of how to perform the listed exercises.



Fundamentals Of Bodybuilding

S Ashworth



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