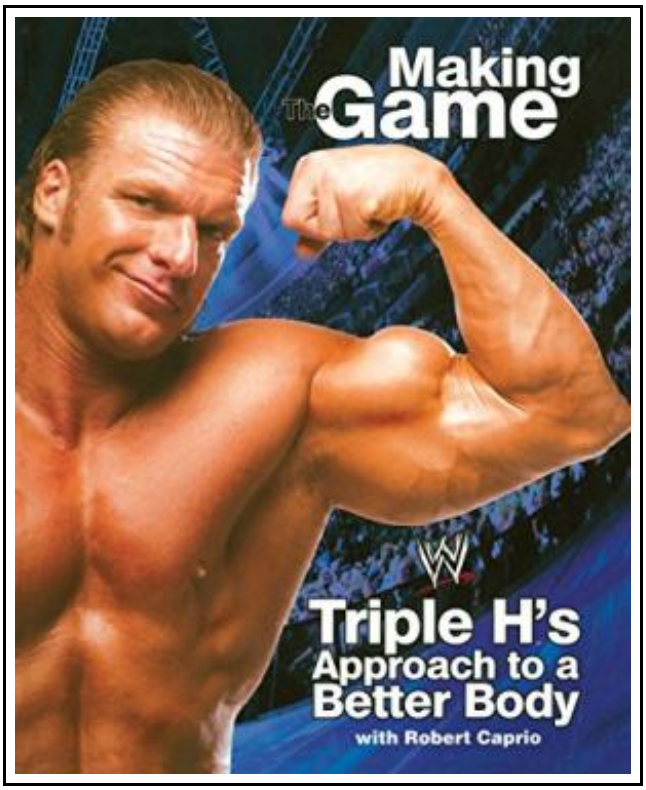
# Triple H Making the Game Triple Hs Approach to a Better Body WWE




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# TRIPLE H MAKING THE GAME TRIPLE HS APPROACH TO A BETTER BODY WWE

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Gallery Books. Paperback. Book Condition: New. Paperback. 208 pages. Dimensions: 8.9in. x 7.0in. x 0.6in.Love him or hate him, Triple H does what he wants, when he wants to do it. And now, for the first time anywhere, he tells you how he does it -- and how you can, too. Making The Game -- Triple Hs Approach to a Better Body is Triple Hs verbal and visual blueprint for building your body. He discusses how a Jones for bodybuilding and a love for wrestling morphed a skinny, 135-pound fourteen-year-old into one of the biggest Superstars in World Wrestling Entertainment. But be warned -- the Cerebral Assassin has two words for anyone whos not serious about the craft: Complacency sucks! Hes spent the past twenty years living by the philosophy that training results in improved strength and conditioning, self-discipline, and an ability to focus on setting goals. This book isnt for pantywaists whod rather exercise their egos. Triple H had help along the way. He didnt get to be that damn good without the support of a loving family. And over the years several bodybuilders (including world-renowned trainer Charles Glass) worked with him to develop the best training regimens. Their advice, plus hardcore commitment, helped Paul Levesque survive The Hard Way In through Walter Killer Kowalskis wrestling school and become Terra Rising in Kowalskis International Wrestling Federation; enabled him to adjust to a difficult life on the road as the French guy in World Championship Wrestling; and gave Hunter Hearst-Helmsley the self-assurance he needed to succeed. Making The Game breaks down and demonstrates the split-training workout program Triple H has embraced to achieve new levels of success in sculpting his body. Between drilling you with reps and sets, he relates how training gave him the inner strength to shoulder the...

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