



Triple H Making the Game: Triple H's Approach to a Better Body (WWE)

Triple H, Robert Caprio

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Triple H Making the Game: Triple H's Approach to a Better Body (WWE) Triple H, Robert Caprio 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.

More than a personal account of life in and out of the ring, *Making the Game: Triple H's Approach to a Better Body* is Triple H's verbal and visual blueprint for building your body. The leader of Evolution discusses how "a jones for bodybuilding and a love for wrestling" morphed a skinny, 135-pound fourteen-year-old from Nashua, New Hampshire, into one of the biggest superstars ever to dominate World Wrestling Entertainment. But be warned—the "Cerebral Assassin" has zero tolerance for anything less than a hundred percent effort. He's 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 isn't for big mouths who'd rather exercise their egos than their deltoids.

Besides offering step-by-step exercises for both novice bodybuilders and those looking to radically advance their workout, *Making the Game* weighs in on the science behind progressive-training resistance and rest-pause techniques; the significance of exercise form over volume; the truth behind achieving "six-pack abs"; the dangers of overtraining and "skullcrushing" exercises that risk injury; and how creativity can go a long way in your workout. Triple H sees it as his mission to provide the guidelines for you to follow in the months and years ahead. And if there's one thing he knows how to do, it's succeed.

It's time to stop playing The Game...and time to start Making The Game.

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