

Seven Great Bodybuilding Books to Give for Christmas – by Charles Poliquin

Finding the right gift for Christmas can be challenging. When my daughter was very young, I wanted to make sure I bought what she really wanted. So during a car ride, I would suggest she called Santa to ask personally. The conversation would go like this:

Papa: “Lets call Santa to tell him what you want for Christmas”

Krystal: “You have his phone number?”

Papa: “Of course, I have his private cell number”. “Let me call him now” (You can imagine how excited she was in her child seat, her pupils had grown to the size of Frisbees..)

Papa: Hello Santa?

Santa (a.k.a. my brother Louis); Ho ho ho, hi Charles, want can I do for you?”

Papa: Krystal wants to talk you...

Of course, I would take mental notes of the list. My brother would proceed to make her sing Christmas songs to validate if she was really in the Christmas spirit. To this day, it makes my heart smile when Christmas approaches. Now that she is turning fourteen, I have to come up with a more stealthy approach...

If your boyfriend comes in the room and says “I want to go to the gym and put on size”, and you respond by saying out loud ‘Thank goodness”, this is probably not the best way to show support...

Encouraging him by giving him one or more of these following books would be far more supportive:

1. The Development of Physical Strength by Anthony Ditillo. To me, that is the best book ever written, I have a few cases of it handy, I always give it to people I value.

2. Built to the Hilt by Josh Bryant. Well written. Loads of workouts. All the programs work and the advice is solid.

3. Insane Training by Matt Kroczaleski

This is more for the advanced trainee / coach. I would advise three years of training before embarking on the suggested workouts. Certainly not for the weak at heart. His two hour arm workout is a killer. Been doing it every third workout... pure torture. By the way, Matt gives a free pair of lifting straps if you remember how to spell his family name after seeing for only 3 seconds.

4. The Black Book of Training Secrets: Enhanced Edition by Christian Thibaudeau. Scientific approach to getting jacked.

5. Jailhouse Strong by Josh Bryant and Adam benShea. What I love about this book is that it shows how to build muscle fast with minimal equipment. It is actually one of the only books that gives the approach to calisthenics

6. Base Building by Paul Carter. How to balance hard work to achieve the best results.

7. The 6 Week Muscle Plan by Nick Mitchell, Joe Warner, and Oliver Proudlock. This is my pick for the newbies. It is basically the methodology that has given Ultimate Performance its winning edge in the personal training market.

Why these books ? Because the authors have logged in their hours in the gym, and all of them have spent their quenching an insatiable thirst for the best methodology, Also the order they are in means nothing. Use the comments to choose the best book for the recipient.

Merry Christmas,

Sensei

P.S. Outside of Anthony Dittilo who mentored me through his writings, all these books are written by friends. I know how obsessed they are about giving you the best information.