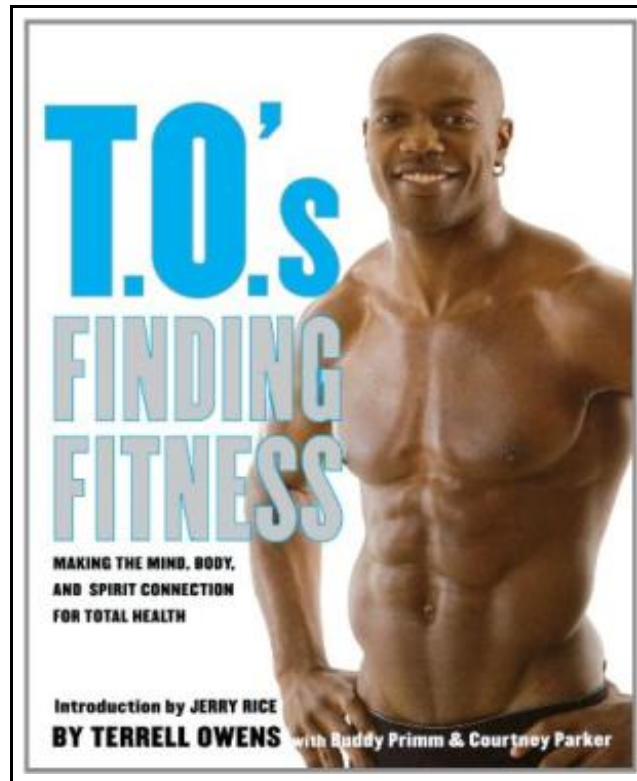


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Simon & Schuster. Paperback. Book Condition: New. Paperback. 240 pages. Dimensions: 9.1in. x 7.5in. x 0.7in. At the top of his game and his sport, Dallas Cowboys wide receiver Terrell Owens has a phenomenal body: Muscle and Fitness magazine said this when they chose T. O. for the cover, but anyone whos ever seen him play knows he has the best physique in football. Strong, fast, agile, and focused - when T. O. takes the field, hes in complete control. Such mastery might seem out of reach for an ordinary athlete or someone just starting to think about getting in shape, but T. O. believes that everyone is capable of finding their ideal body. Whether you want to slim down or bulk up, develop explosive speed or increase your endurance, define your abs or fine-tune your form, T. O. s Finding Fitness will unlock your potential with a diet and exercise plan tailored to your fitness goals. Inside T. O. s Finding Fitness, Owens shares complete workout routines for beginner, intermediate, and advanced levels, all of which can be done using his T. O. Super Strong Man Bands, free weights, or his own strength-training stretches. Photographs, easy-to-follow instructions, and helpful tips from Buddy Primm (T. O. s personal trainer) guarantee results. Along with plans for general fitness and weight loss, there are separate guides designed to enhance your performance in football, baseball, golf, martial arts, tennis, and basketball. And whether youre looking for the winning catch, the lightning-fast serve, or the money shot at the buzzer, or you just want to keep up with the kids and power through an afternoon at the office, you need the right fuel to stay at the top of your game. T. O. helps you make the right eating decisions with meal plans detailing his...



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