



Sergio Oliva the Myth

Sergio Oliva, Francisco G. Marchante

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Sergio Oliva, The Myth, the only man to have ever won the Mr. Olympia title uncontested. Now at last Oliva tells all. His early childhood, his daring escape from a communist country to gain his freedom, and how he developed his once in a lifetime, out of this world, Herculean and powerful body with perfect symmetry and mind blowing proportions that made him the most muscular and incredible body of all time. Learn the facts behind the world's most prestigious and famous contests. Get a front row seat as Sergio describes his confrontations with Arnold Schwarzenegger. Nothing is held back as Sergio speaks his mind. Sergio discusses Bodybuilding Politics, Drugs and more. Find thrilling action and suspense, unlike any other bodybuilder's book. and • Maximum Muscle Development • A Seminar with Sergio-Over 100 Q & A's • Sergio Oliva's Training Secret Routines • Steroids-GH, Interaction of Growth Hormone • Get in Shape Routines for Women • The Myth's Health Recipes "Greeks had Hercules...bodybuilding has Sergio!" Denie – Photographer/Editor "Sergio Oliva is to bodybuilding what Babe Ruth is to baseball." Lee Labrada – Pro Champion "A complete package of mass, symmetry, and definition!" Jay Cutler – Mr. Olympia

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