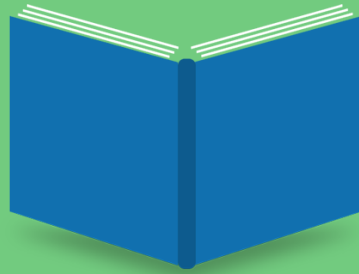


# The Best Fitness Books You Can Buy

Suddenly flushed with Christmas cash and gift cards? Put your dough to good use by picking up one of the expert-recommended fitness books on this list, and kickstart your New Year's transformation a couple days early.



- ☐ Advances in Functional Training: Training Techniques for Coaches, Personal Trainers and Athletes by: Michael Boyle
- ☐ The New Rules of Lifting: Six Basic Moves for Maximum Muscle by: Lou Schuler and Alwyn Cosgrove
- ☐ The Champion's Mind: How Great Athletes Think, Train, and Thrive by: Jim Afremow
- ☐ Never Let Go: A Philosophy of Lifting, Living, and Learning by: Dan John
- ☐ Ready to Run: Unlocking Your Potential to Run Naturally by: Kelly Starrett
- ☐ The Four-Hour Body by: Timothy Ferriss
- ☐ Starting Strength Edition 3 by: Mark Rippetoe
- ☐ Why We Get Fat: And What to Do About It by: Gary Taubes
- ☐ Quiet Strength: The Principles, Practices, and Priorities of a Winning Life by: Tony Dungy
- ☐ Bodyweight Strength Training Anatomy by: Bret Contreras