## **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  |