



# Atomic Finess

*Steve Michalik*

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World-famous bodybuilder, Steve Michalik--Mr. America--has put a lifetime of knowledge and skill into this powerful new book, "Atomic Fitness." His extensive background of accomplishments and experience have led him to develop the concept for his Atomic Fitness System, which utilizes the basic theories of physics--energy, matter, space, and time--to help people change their physiques in the shortest time possible. This comprehensive guide to the physiological and psychological aspects of training to achieve a more perfect build naturally, without the use of steroids or other drugs, is clearly laid out in steps that take readers down the road of mind over body to overcome barriers that might be keeping them from their mental and physical goals.

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