



Flex Ability (Hardback)

By Flex Wheeler

HAY HOUSE, United States, 2003. Hardback. Book Condition: New. 241 x 154 mm. Language: English . Brand New Book. At first glance, you might think that a sculptor created him--no way could a human body look that perfect. Champion bodybuilder Flex Wheeler looks like a comic-book superhero come to life. Even Arnold Schwarzenegger has called him one of the best bodybuilders of all time. Flex began his ascent to the top of the professional bodybuilding world, winning the Ironman Pro and the Arnold Classic competitions several times. In the mid 90s, Flex was poised to finally become Mr. Olympia, but he had a near-fatal car accident that left him paralyzed. By sheer willpower, this remarkable man pushed past this obstacle and walked again. Flex Ability is a story of overcoming odds so awesome that most people would have just given up. In these pages, Flex also takes you around the globe and into the winner's circle as he describes his twodecade journey through the tough sport of bodybuilding. In addition, he shares never-before-told secrets about his current struggles, proving that with the right mind-set, anyone can face trouble head-on and come out on the other side as a winner.



READ ONLINE

[6.16 MB]

Reviews

The publication is great and fantastic. I am quite late in start reading this one, but better then never. I discovered this pdf from my dad and i suggested this ebook to discover.

-- **Linnie Kling**

A brand new eBook with a brand new standpoint. I could possibly comprehended everything out of this composed e publication. Your life span will likely be enhance once you total reading this pdf.

-- **Willa Ritchie**