



# Better Than Steroids

*Warren Willey*

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## **Better Than Steroids** Warren Willey

Better Than Steroids! is the secret to a bodybuilder's physique! Loaded with the exceptionally confidential information of successful bodybuilding, this book is a MUST for anyone wanting to look good!

## **Better Than Steroids Details**

Date : Published February 15th 2007 by Trafford Publishing (first published January 1st 2006)

ISBN : 9781425103392

Author : Warren Willey

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## From Reader Review Better Than Steroids for online ebook

### Henry Barry says

A very terse book explaining how to use progress tracking and nutrient timing to manipulate body composition. Solid and full of information. Has multiple diets outlined and well researched. Basically the template for the diet I've done for the past year. Talks a lot about carbloading and carb cycling. I disagree with his sections about weightlifting routines, but think the diet advice is solid. However, the menus are a bit boring. Worth reading, and only takes a few hours.

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### Paxton says

Easy read with good info on pre and post workout nutrition and meal timing.

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### Meteb Alshammari says

Unlike other commercial books from its kind , It gave me new information from an expert guy that I can trust .

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### Enrique Mendez says

#### Where are the charts?

Wham I bought the book, i read the reviews about the charts. I wanted them off and bought the book assuming some folks were being picky. For the most part they were. Many of the charts are unnecessary as their only purpose would have been visualization. Then I got to the chapter on HIIT, and I still have no idea how Dr Willey wants us to proceed worth the workout. Some of these charts are important. If they had them on there, I would rate the book a star or two higher

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### Aldo says

#### Simple

Short concisely put together and easy to take in. I bought the kindle version for the price , but I really liked it. I'm gonna but the real book now and give it a try.

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### Corbin Boe says

This book is written by Warren Willey and I recommend this book to people ages of 12+. This book was about what is steroids and what they do to you and who has been charged with using it and what it did to

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there life.

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### **Jamie says**

Very easy read, covered most of it in one setting. It's both informative and entertaining. An example from "Techniques for assessing body composition" Dr. Willey states one method is "chemical analysis of your dead body (not a suggested way to test your fat... Has proven itself successful in the weight loss realm however..." but then goes on to cover hydrostatic measurements, electrical impedance, and skin fold calipers before making a recommendation. This chapter forms the basis for the intended purpose of the book which is modifying body composition with real food and exercise. Measurement is key to guiding oneself down a successful path.

It's too early for me to pass judgement on the material. I'm looking forward to applying the principles from pre/post meal plans and general Iso and keto run diets. Dr. Willey make application straight forward based off of weight, lean mass, BMR and number of forced reps.

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### **Joe says**

The training regimine is pretty decent, as it cuts through a lot of the extraneous information that clouds weight training, cardio, and calories these days. An amateur or intermediary bodybuilder would get the most out of this book.

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### **Oscar says**

#### **Awesome informative read!**

This book is packed with in depth information covering all facets of getting fit and living healthy. Reachable to a wide audience, I would recommend this book to anyone on their fitness journey.

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### **BlooperFromTejas says**

Read and be swole.

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### **Matt Fleming says**

I would have enjoyed it more if he sounded more like a doctor and less like a salesman; constantly saying that it's "BETTER THAN STEROIDS" after I've already purchased the book does nothing but cheapen the read. He provides some decent information in regards to nutrient timing, but he also says things like "progressive overload training doesn't work" that is sure to earn him the ire of a lot of weightlifters and powerlifters.

## John Davis says

Read on Alan Thrall's recommendation.

Things that were interesting and novel to me:

- \* Explanation of what insulin is / does, how to use this by timing carbohydrate intake
- \* Glycogen supercompensation
- \* Short bouts of keto / low-carb, which makes a lot of sense
- \* Vanadium and chromium supplementation

But, suffered from a lot of issues:

- \* Poorly-organized, somewhat disjointed
- \* Evades going very deep into chemistry or physiology
- \* Low standard of editing
- \* Egregious self-promotion
- \* Felt somewhat dated, may have already been largely assimilated into the collective wisdom of broscience (though there are probably some subtle points, like limiting duration of keto, that have been missed)
- \* Poor layout in kindle edition

At the end of the day, sort of low signal-to-noise ratio.

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## Obi says

Great book should be on every athlete/bodybuilder's bookshelf. Lots of info without the fluff. Very actionable.

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