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Vince's Secret Locker Volume 2

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Volume 2 to be released Oct 1st. Vince's Secret Locker Volume 1 got rave reviews from all over the world. The book that covered every detail about bodybuilding's greatest trainer, Vince Gironda. Volume 2 continues with even more information and once again many famous people contributing to this huge Volume. Comments by Lou Ferrigno, Frank Zane, Franco Columbu, Charles Poliquin, Steve Davis, Robby Robinson, and many more. This book is 470 pages, and has both training and diet information, as well as an abundant amount of beautiful pictures of Vince Gironda and many other famous bodybuilders from the Golden Era. There are no books like Vince's Secret Locker. This book also comes in a beautiful hardcover with stitched spine, or paperback edition. Review from David Gentle. After viewing Volume 1, to come up with an even superior volume relating to the legendary Vince Gironda takes some doing, but the author Karl Coyne has done this and more. You simply have to have both volumes in your collection if only for the hours of pleasure you will receive from learning just about everything from the irrepressible, never to be forgotten Vince Gironda with a final word to Karl and a thank you for what can only have been a herculean task producing a set of volumes to be valued forever." DAVID GENTLE. sub editor of HEALTH AND STRENGTH MAGAZINE.

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