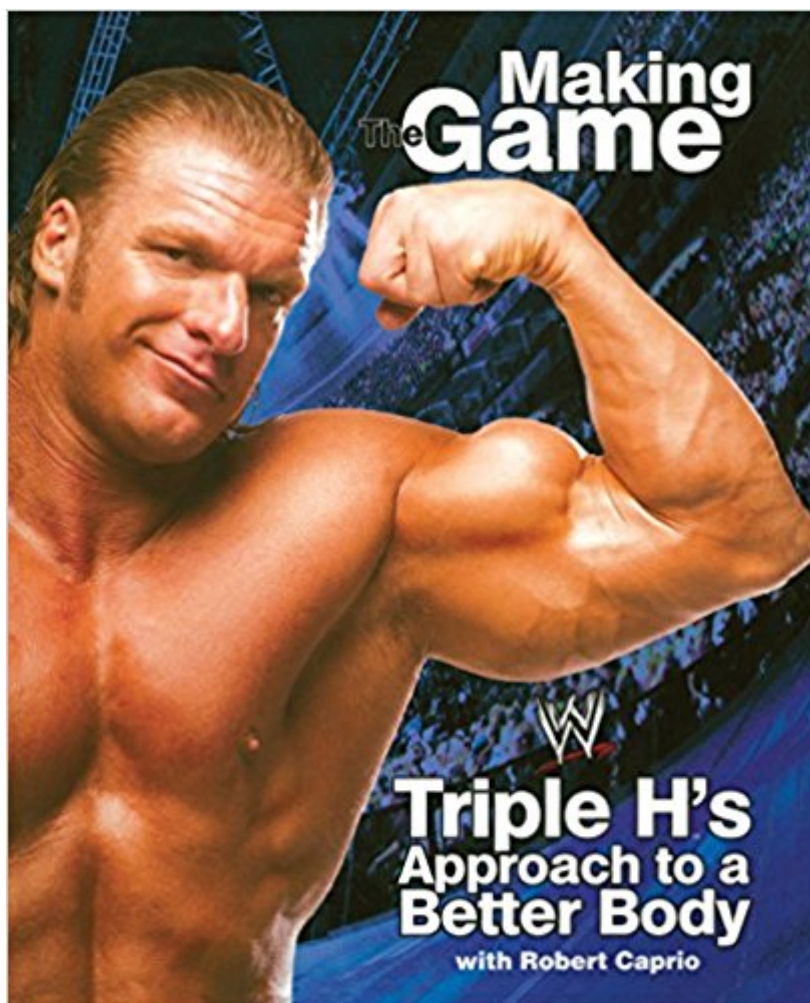


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# Triple H Making The Game: Triple H's Approach To A Better Body (WWE)



## Synopsis

Love him or hate him, Triple H does what he wants, when he wants to do it. And now, for the first time anywhere, he tells you how he does it -- and how you can, too. *Making The Game* -- Triple H's Approach to a Better Body is Triple H's verbal and visual blueprint for building your body. He discusses how "a Jones for bodybuilding and a love for wrestling" morphed a skinny, 135-pound fourteen-year-old into one of the biggest Superstars in World Wrestling Entertainment. But be warned -- the "Cerebral Assassin" has two words for anyone who's not serious about the craft: "Complacency sucks!" He's spent the past twenty years living by the philosophy that training results in improved strength and conditioning, self-discipline, and an ability to focus on setting goals. This book isn't for pantywaists who'd rather exercise their egos. Triple H had help along the way. He didn't get to be "that damn good" without the support of a loving family. And over the years several bodybuilders (including world-renowned trainer Charles Glass) worked with him to develop the best training regimens. Their advice, plus hardcore commitment, helped Paul Levesque survive "The Hard Way In" through Walter "Killer" Kowalski's wrestling school and become "Terra Rising" in Kowalski's International Wrestling Federation; enabled him to adjust to a difficult life on the road as "the French guy" in World Championship Wrestling; and gave "Hunter Hearst-Helmsley" the self-assurance he needed to succeed. *Making The Game* breaks down and demonstrates the split-training workout program Triple H has embraced to achieve new levels of success in sculpting his body. Between drilling you with reps and sets, he relates how training gave him the inner strength to shoulder the brunt of a controversial "Curtain Call" in the ring and, later, to elevate his position with Stone Cold Steve Austin and The Rock as one of the "Big Three" in WWE. Relive the fateful Raw events of May 2001 that left Triple H with a torn quadriceps muscle. Then you too can feel "The Triple H Burn," the series of exercises he endured through nine months of physical therapy so he could resume his wrestling career. Besides offering the lowdown with step-by-step exercises for both novice bodybuilders and those looking to radically advance their workout, *Making The Game* weighs in on the science behind progressive-training resistance and rest-pause techniques; the significance of exercise form over volume; the truth behind achieving "six-pack abs"; the dangers of overtraining and "skullcrushing" exercises that risk injury; and how creativity can go a long way in your workout. Triple H sees it as his mission to provide the guidelines for you to follow in the months and years ahead. And if there's one thing he knows how to do, it's succeed. It's time to stop playing The Game...and time to start Making The Game.

## Book Information

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## Customer Reviews

Hunter Hearst Helmsley, known as Triple H, is the only man to have been a Grand Slam Champion and to have won King of the Ring and the Royal Rumble. He has been at the top of the game since making his WWE debut in the spring of 1995 and is currently at the top of the Raw roster. He lives in Greenwich, Connecticut.

This was a terrific read, not only for a HHH fan like myself, but for anyone looking for different methods of weight training and dieting to supplement it. Highly recommend

Excelent book

Small book but excellant read. Gives you insight on his personal life and career and rise to fame. Then it also gives you his gym ruitine. I normally don't read much but I found this to be an easy read and couldn't put it down

Helped me to reestablish my wish to workout at gym, small increments are a good philosophy in life and at gym.

This is a great and fun read for any wrestling fan or young person looking to build more muscle and a better body. Triple H himself goes over various workout routines that he uses starting from a

novice to the real nitty-gritty stuff, including pictures and detailed instruction. Plus, he throws in some autobiography. Not your typical WWE autobiography. Certainly a must-have for any Triple H fan.

Good book

A few misspellings in the book as well as false statements when you match them against his actual interviews. Jumps around somewhat like one line he's still Terra Ryzing then the next he's Hunter Hearst Helmsley in on WWE. Overall a great book though.

Nice balance between wrestling biography and workout guide. Not too detailed on either end, but a decent read.

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