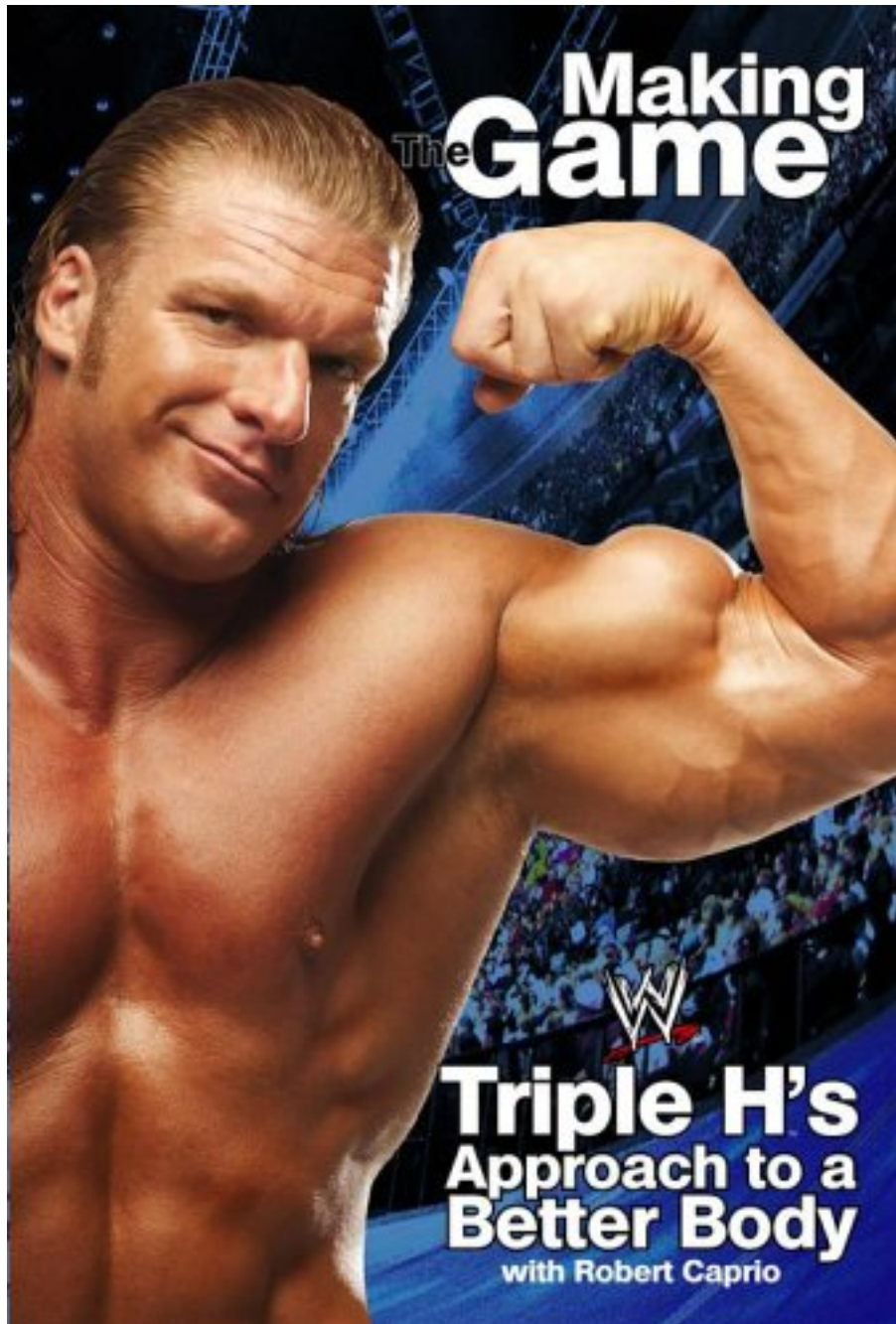


TRIPLE H MAKING THE GAME: TRIPLE H'S APPROACH TO A BETTER BODY (WWE) BY TRIPLE H



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About the Author

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.

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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.

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Most helpful customer reviews

3 of 4 people found the following review helpful.

Excellant book for any wrestling fan

By book lover

I love this book. The pictures themselves are worth the money and his routine gives a person something to work at. Everyone is different but his concept is good. The personal chapters in this book are really good. It shows that not all is what it seems. This man has had a long hard battle and his work ethic is something most people could learn something from. I highly recomend it to anyone interested in wrestling, or looking for some inspiration.

2 of 3 people found the following review helpful.

Worth Every Penny!

By GBLynden

This is a very well written book! Far better written than I could have ever imagined. Triple H lays things out in simple and easy to understand terms and sandwiches great weight training advice in-between a wonderful behind the scenes look at the wrestling business.

If you are someone just starting out in the gym or if you are someone like me who needed something to get my mind refocused on my priorities in the gym, BUY THIS BOOK!

BB&B

25 of 25 people found the following review helpful.

It's all about The Game

By MartialWay

I'd be giving this three and a half stars, but Amazon doesn't do the half-star thing. So I rounded up to express my admiration for this superstar. He pretty much makes RAW what it is these days--- At least to me. Where HHH is concerned I am the furthest thing from a "hater" as a person can get. This is my absolute favorite pro wrestler, so imagine how excited I was to learn he put out, not only an autobiography, but a fitness manual as well. Wow! I've been going to the gym, trying my best to emulate the Game and his large, athletic physique. Getting advice from the man himself, to me, was a great gift. Imagine my disappointment after reading how little this man has to say about himself and fitness.

You can tell that The Game sat in a room with a writer holding a tape recorder, and did not bother to take the time to go into any great detail about the business he works in. This is a combined autobiography AND training "manual" that is 196 pages, large text and double spaced, plus about 30 extra pages that explain some of the exercises he mentions.

Don't expect to hear any anecdotes about his childhood, his family life or backstage antics in the wrestling

world. While he has a chapter devoted to his relationship with Stephanie McMahon, again expect little personal detail. He's telling us what he'd tell any reporter with a mic in his face. This is not a book; it is an essay in book's clothing. But it has its merits.

You will get to know the man a littler better and it does show you a side of Triple H (Paul Levesque) you haven't seen, which is really my way of saying he's not a complete jerk. He seems like a down to earth, somewhat shy and rather nice guy in his own way. I don't think you can win the hand of Vinnie Mac's little girl by being an A-Hole.

His chapter about his horrible Quadri-cep injury that took him away from us, and had me crying for a whole year was interesting. He discusses his rehab, and how he is the first person to come back from an injury of that caliber.

His body building advice is very informal, but informative. It's designed for a man who punishes his body constantly, so there are hard days and light days. He discusses how he is able to maintain good nutrition while spending the bulk of his life on the road. Again, don't expect great details. I think this book was put out with people who already work out in mind, so he'll tell you what to do, but not how. That's not his job. The message of the Game's book is that Bodybuilding taught him to set goals and work slowly but surely to attain them, as we should.

If you're looking for an informal training manual, a small glimpse into this guy's life, and an even smaller glimpse into the world of pro-wrestling then buy the book. If you're expecting anything anywhere near Mick Foley's "Have a Nice Day!: A Tale of Blood and Sweatsocks" save your money. Foley has a lot more to say about the pro wrestling business and himself than the Game. Still, a pretty good read. You can finish the autobiography in about 4 hours--- the training manual is meant to last longer, as body-building is a process that *should* take you the rest of your life, and I think his advise is sound. Look at him--- how can it not be?

See all 54 customer reviews...

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