



Solitary Fitness

Charlie Bronson, Stephen Richards

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Buy my book and I'll show you how to burn off ugly love handles, firm up your abs, make your arms huge and powerful, build up stamina and help change your life forever! All of this without fancy gym equipment, steroids, steaks, pills or powders. Hey . . . don't forget the ladies! Not just for the men, this is ideal for anyone of an adult age. Did Samson do drugs, did Hercules need fancy trainers . . . You're never going to run any faster with £300 trainers!

Charles Bronson has served 28 years behind bars and 24 of those years have been in solitary confinement; yet in spite of this he remains fit and strong. What are the secrets to his phenomenal strength and fitness? How can Bronson punch a hole with his bare fist through bullet-proof glass, bend solid steel doors by kicking at them, and do press-ups with two men on his back—all on a prison diet? Without the use of fancy gym equipment, steroids, steaks, supplements, or pills you can pack on pounds of muscle, lose weight fast, and gain superhuman strength.

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