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**By Lou Schuler;Michael Mejia**

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athlete. The Men's Health Home Workout Bible is a personal Lou is also fitness director for Men's Health, Lou Schuler and Michael Mejia, M.S.,

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Lou Schuler (born January 23, 1957, in St. Louis, Missouri) is a fitness journalist and author or coauthor of several books on men's health and exercise.

### **By Michael- Mejia | Men's Health -**

By Michael Mejia. 5 Ways to Break By Lou Schuler and Adam Campbell February 13, 2006. To make a payment, cancel or renew your subscription for Men's Health,

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**Men's Health - Expert: Mike Mejia -**

Mejia, who is Men's Health's "Muscle Guy" columnist, Along with Lou Schuler, His other titles include The Men's Health Gym Bible,

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Jan 14, 2013 This is the summary of Men's Health Home Workout Bible: by Lou Schuler, Michael Mejia

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Lou Schuler and Michael Mejia, M.S., C.S.C.S., are coauthors of the book The Testosterone Advantage Plan(TM). Lou is also fitness director for Men's Health, the world