



## How a Champion is Made (Blueprint Series)

*Stephen Cardillo*

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## **How a Champion is Made (Blueprint Series)** Stephen Cardillo

The number 1 weight belt manufacturer in the world, Steve Cardillo, is now revealing all of his secrets to being a success in his first book, How a Champion Is Made. Cardillo shares over three decades of personal knowledge, experience, and expertise in weight training and nutrition, by focusing on his protege' nephew, Peter Morel, an enormously successful business owner. This is a must read for all parents who want to instill in their son the determination, leadership skills, and confidence to succeed through weight training and nutrition. Cardillo demonstrates what your son needs to do to get the most out of his workout routine while maintaining a safe training environment. The book also considers the negative impact on the body and mind of steroid use. Cardillo maintains that a young person will become a champion in life if he incorporates the ideology set forth in this book.

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