



Flex Ability (Fitness Books from the Experts)

Flex Wheeler

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At first glance, you might think that a sculptor created him--no way could a human body look that perfect. Champion bodybuilder Flex Wheeler looks like a comic-book superhero come to life. Even Arnold Schwarzenegger has called him one of the best bodybuilders of all time. Flex began his ascent to the top of the professional bodybuilding world, winning the Ironman Pro and the Arnold Classic competitions several times. In the mid '90s, Flex was poised to finally become Mr. Olympia, but he had a near-fatal car accident that left him paralyzed. By sheer willpower, this remarkable man pushed past this obstacle and walked again. Flex Ability is a story of overcoming odds so awesome that most people would have just given up. In these pages, Flex also takes you around the globe and into the winner's circle as he describes his twodecade journey through the tough sport of bodybuilding. In addition, he shares never-before-told secrets about his current struggles, proving that with the right mind-set, anyone can face trouble head-on and come out on the other side as a winner.

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