



# Evolution: The Cutting Edge Guide to Breaking Down Mental Walls and Building the Body You've Always Wanted

*Joe Manganiello*

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Joe Manganiello first gained recognition around the world for his incredible, sculpted body while winning both popular and critical praise as the star of HBO's *True Blood*. Now, from the man that *Magic Mike* director Steven Soderbergh called “walking CGI,” comes the cutting-edge guide to achieving the perfect body and therefore enhancing your overall quality of life.

With a build that men envy and women adore, Joe Manganiello is more than qualified to write the end-all guide to sculpting the perfect body. His fit physique catapulted him to the top of the list of Hollywood's most desired male actors following his memorable performances in HBO's hit show *True Blood* and in the 2012 film *Magic Mike*—and he will expand on that role in this summer's highly anticipated *Magic Mike XXL*. In *Evolution*, Manganiello shares his lifetime of experience and research in terms of diet, cardio, and anatomy to bring you the only fitness book you'll ever need in order to look and feel your best.

Throughout the book are black-and-white photographs and Manganiello's step-by-step workout routine that combines weights, intense cardio, and a high protein diet.

With a lifetime of athletic achievement behind him, Manganiello was named one of *Men's Health's* 100 Fittest Men of All Time alongside Arnold Schwarzenegger, Michael Jordan, Bo Jackson, Michael Phelps, Carl Lewis, and others. His *Men's Fitness* and *Men's Health* covers consistently rank among the top selling around the globe. In 2014, *People* magazine named him the Hottest Bachelor Alive, and he is one of the few actors to have ever graced the cover of the #1 selling body building magazine in the US, *Muscle & Fitness*, not once but twice (with a third on the way).

“A comprehensive yet straightforward and effective roadmap to better health and fitness” (Shawn Perine, editor in chief of *Muscle & Fitness*), *Evolution* reveals exactly how to get the body of one of Hollywood's hottest stars—promising to turn any Average Joe into a Joe Manganiello!

## Evolution: The Cutting Edge Guide to Breaking Down Mental Walls and Building the Body You've Always Wanted Details

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Author : Joe Manganiello

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and Building the Body You've Always Wanted Joe Manganiello**

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## **From Reader Review Evolution: The Cutting Edge Guide to Breaking Down Mental Walls and Building the Body You've Always Wanted for online ebook**

### **Nicholas Nash says**

Buy this book, if nothing else, just the pics. Those are good enough to inspire you to drop what you are doing and rush to the gym.

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### **Karen says**

I found out about this book through Nicole Cliffe's excellent piece of investigative journalism in Elle.

You can boil the content down to this: In order to make your body look fantastic, you need to decide that your priority is to make your body look fantastic, and take the steps necessary to do so. And holy shit, those steps are hard.

And also, Joe Manganiello seems like a cool guy.

Maybe someday I will have what it takes to be worthy of Joe Manganiello's respect.

Until then, to quote Nicole Cliffe, I will have to suffice with the following, which is pretty sufficient, TBH: "...I really like Joe Manganiello's face and body, and there are many pictures of said face and body contained within."

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### **Steve Kubick says**

This is a good book if you are switching gyms and ready to get in the shape of your life. To be cont'd!

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### **luxelibrarian says**

I liked the idea of this book, but I don't see how your everyday non-celebrity guy can relate to much in this book. Talk of prepping for shoots, not eating anything to look good on camera- it comes off (to me) as elitist. The diet I liked; a good balance with a cheat meal and some sweets(mind you- the sweets were sugar-free jello pudding/jello cups, and sugar-free ingredients last I checked on jello cups are usually nothing natural and nothing but chemicals.) why not treat with the real thing - instead of something made of fake ingredients? Especially when the diet is trying to maintain a pure state? Seems a bit backward, especially when bringing up the background of mostly organic and the plug of grass-fed meats.

I could have went without the mild snarky mentions of how many ex- girlfriends who got in his way of his evolutional body; I mean, I get the point trying to be made, but why bring up the exs? Point could have been made without directly mentioning them- I found it tacky. Also tacky? The "gift from the gods" crap. As if

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trainers of celebrities are the only trainers in the world who have the background to guide us lowly gym everydayers. I get that the ppl who formed you were just regular dudes back in the day, but I also felt a elitist vibe here. Also, don't need to be reminded that you don't NEED to make money off us non-celebrities from this book, because you "make enough in your day job". Gotcha.

This could have been so much better, but some little tidbits just rubbed me the wrong way. I really thought it was to help us regular joes get a werewolf body with a werewolf workout, but why the heck would we be obsessed about being on camera or needing a tan? Sun damage leads to skin cancer, by the way. Not the greatest recommendation there.

Also, there are many mentions of working one's muscles to failure, the whole point of some of these lifting sets (and not resting in between) - I was super surprised at the absolutely NO mention of rhabdomyolysis - or rhabdo - as it's known in the CrossFit world ( and as Joe's trainer was involved in CrossFit, I was really hoping this topic would be discussed.)

Another tidbit, I'm a runner - was a hardcore treadmill runner for a good 10 years until I started burning out and took my feet outside, with my short stride (I'm 5'4 on a good day), I don't even think I could hop on the treadmill at an incline of 10 or 7 or whatever it was - with a treadmill speed set at 12mph. No way. To be honest, that's extremely dangerous and would be absolutely jarring for your joints, considering how many times you have to quickly jump off to the side to rest for 15 seconds and repeat 10 times. I'd fly off the treadmill and there's no way my legs could stand that speed (and imagine once you started to get tired???) Maybe if I was 6'5" like Joe?? I don't know, but those speed intervals made me CRINGE.

This book could have been so much more personable and relatable - but some of the little things just blew it off course. However, I'd still love to workout with Joe. Maybe I could teach HIM a thing or two.

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## **patrick says**

### **Use the workout skip the filler**

The workout is great with a few modifications. However the other 8 chapters of the book are basically filler and not useful. There are no specifics on diet, the ab routine is a off handed mention. The "dynamic warm-up" never changes. Read it for the workout in chapter 6.

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## **Sameh says**

### Quotes

"That internal fire can never burn without some fuel, and that fuel can come in the form of disappointment, embarrassment, and even jealousy."

"I benefitted from failure. I needed to feel it. I needed to sit in it. I needed to know what losing felt like, and I needed to get angry about it and never want to feel that way again. Without it, I would have been robbed of the lifeblood that has propelled me all these years later. It would have eliminated my opportunity to stand taller."

'One of my professors at the Carnegie Mellon University School of Drama, Victoria Santa Cruz, used to say, "The moment you say 'I did it!' is the moment the devil walks in the door,"'

"My failure was essential to my growth, because every time I failed, I learned that it was because I did not fight as hard as humanly possible.

Notice I didn't say "fight my hardest." There are a lot of people who try as hard as they can. But their ceilings and limitations are perceived barriers that restrict what they can achieve."

"Like Roger Bannister, I saw that something bigger and better was possible for anyone—even a skinny guy like me. The real trick wasn't hidden in reps and sets; it was understanding my body and mind and using that knowledge to learn how to push beyond my comfort level. That's when I started seeing results"

"In the book *The War of Art: Break Through the Blocks and Win Your Inner Creative Battles*, Steven Pressfield identifies all the different types of resistance that people face. The most important takeaway: the amateur quits, while the professional fights through."

"Your muscles don't know if the weight is heavy or not. Your muscles go on and go off. You use only as many fibers as your muscles need. So working at a moderate weight and learning how to completely turn on that muscle fiber is more beneficial than just stacking a bar with weight and putting tension on your ligaments and joints to control the movement. The goal is to squeeze your muscles during each movement, and for every rep to be controlled and felt in your muscles through a full range of motion. And for that to happen, you need to drop the weight. Check your ego, lower the weight, and let your body grow."

"Then when you can go heavier with the weights, you're going to receive the full benefits. For instance, on an exercise like the bench press, you're pushing primarily from your chest, not from your shoulders or arms or latissimus dorsi muscles (lats). By cheating, you can think you're succeeding, because you're lifting more. But in actuality, you're not using the muscles that are intended, and as a result, you're not making the body part work as hard as it can. Create the mind-muscle connection first and then increase the weight."

"Your appearance isn't parallel to how heavy you lift, it's parallel to how hard you work. If you keep pushing the intensity, in time you'll look great and be stronger."

"These are what I call the "money reps." Money reps are where you earn your paycheck. They're the reps late in a set or a workout when your muscles are burning and fatigued and screaming at you to quit. I'm here to let you know that they're not signaling you to stop; they're calling you out, to push yourself harder, to break through your barriers, to turn off the pain, and to grow and transform your body."

"Think about it this way: you're operating heavy machinery. Focus!"

"In exercise science, intensity is equal to your power. The equation for power is simple:  
[Force × distance] / time = power"

"Commitment = desire + action. "

"If it ain't broke, don't fix it."

"'Lifting weights' is a misnomer. A better way to think about your time in the gym is squeezing your muscles with resistance. "

"I eat to build.

Four words that I've used repeatedly over the last five years. It's a mind-set that will help you understand food, take the emotion out of what you eat, and put intent into everything you consume. If something isn't going to add to my building process, then it's superfluous. There's no need to eat it, unless I'm making a special exception to ease up on my diet or taking one of my well-deserved cheat meals."

"Eat till the point of satiety, stop, and then resume eating when you are hungry again. This is not about eating as much as possible. Instead, listen to your body. If you prepared a certain amount of food and you're full before you finish, stop eating and save the food for later. Don't keep eating."

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### **Angela Ohrn says**

I'm not sure why this has such a high average rating - it covers pretty basic material. I was looking for a little more inspiration in the mindset aspect of a transformation than the "yeah it sucks but just do it because it works" that was presented.

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### **Christina Rocks says**

Reading this as a woman was fascinating. So many times I wrote "LOL" in the margins when the author references the goal of being as big as possible (not something that you read in many/any fitness books for women). There's just a slight bit of fat-shaming, but ultimately I found it enjoyable. I'm glad I read it. It affirmed some of my thoughts about my own exercise and eating routines, while also reminding me that the body building world is one I'm happy to not be entirely immersed in.

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### **Ann says**

Loved the mind set and Joe's total body no-nonsense life changing approach. Get your mind wrapped around what you're about to do, focus and just do it with easy to follow instructions and a lot of hard work. Mind set, inspiration, discipline, eating guide, cardio, weight workouts and schedules for an amazing transformation. Pictures and explanations of the workouts helpful, Joes pics...nothing short of ah inspiring. Joe cuts through the crap and gives you the exact way to go about having amazing results. Hate cardio? So did he, but he gives you the tips on how he's made it work. No screwing around yacking with your fellow gym rats and fiddling with your iphones while you're supposed to be giving it your all. (Something that drives me nuts while I'm at the gym...slackers.) Not a lot of this is new it's just the approach that's different. Joe outlines what works and eliminates what doesn't. It's not about what you're giving up it's what you're getting in return. Loved the dialogue here. If your current gym routine isn't working or you're up for a change, this will definitely help. Want those ripped abs? Joe tells you how. For that matter ripped everywhere. His pics are definitely drool worthy and most impressive. Hard work and dedication in full display and its freaking AMAZING!

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### **Kristen says**

A friend gave us this book -- in his words, "the message is for Todd, the pictures are for Kristen." So, um, I

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skimmed the book but definitely enjoyed the pictures. I'm not trying to become a bodybuilder, so I give the text three stars but the photos a solid five stars. :)

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### **Brian says**

This book is absolutely perfect for anyone looking to improve their body, self-esteem, and happiness, male OR female! Extremely well written. Very much motivational in the concept of pushing through your own self-imposed mental limits and cravings. Everything you need to know about getting off your ass, stop making excuses and eating properly and exercising regularly with the right amount of focus and intensity to actually see results. You don't say, "I'll do it tomorrow" or "I'll start next week", you say "I start right now."

Great last chapter full of essentially a glossary of exercises, almost wish I had purchased on Paperback for easier reference.

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### **Yvette says**

I didn't buy this just to perv, although it is seriously perv worthy and comes with a whole chapter of photos of him, I bought it to change my life. I'd read bit of it online and that's where the changes started.

The book is easy to read, factual, helpful and inspiring. It is definitely worth reading if you want to change your lifestyle, get fit and get ripped. And while aimed at the guys (obviously!) can be applied to us ladies too as the changes are not actually gender specific.

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### **Jennifer says**

I've had Joe Manganiello's Evolution sitting on a shelf since Christmas, and hadn't gotten around to reading it yet. It's a quick read, really. It took less than a day because only about half of the book is text. The rest consists of photos of Joe in workout action and explanations of certain movements. The book seems to have been quite successful. I saw him in an interview not too long ago saying the publishing company wanted more of the same kind of thing, and whoever manages his social media accounts (I doubt it's the man himself) continually re-tweets photos of people claiming the book has really changed their lives.

Let me first be clear on what this book is, and what it is not. Despite the fact that Mr. Manganiello is a fine specimen of the human male by any account, he has no formal training in fitness, nutrition, or physiology, nor does he claim to be an expert in any of these fields. The book is not co-written by anyone with formal fitness credentials. What we then have is simple anecdotal examples of what works for him. There is nothing wrong with that. Sharing life lessons is part of the human experience and we can certainly learn from the example of others, but we also need to be aware of what exactly it is that we're entering into.

Manganiello's Evolution serves primarily as a motivational and inspirational tome. He shares his story of being the weakest kid on his high school sport teams and how he managed to find the best trainers and learn all that he could about changing his body into the form he was looking to inhabit. There are a lot of self-help and mindset comments, like "Don't accept yourself as a finished product. Ever." "Weaknesses don't mean that you're weak. It means you have so much more you can accomplish."

There is a major focus on mindset, and Manganiello relates the story of Roger Bannister, the first man to ever break the four minute mile. He did so by challenging the conventional wisdom and believing it could be done, and also trained in such a way to focus on the goal. It's definitely a relevant and inspirational story.

The Evolution workouts are HIIT (High Intensity Interval Training), much like CrossFit, but without (thankfully) promoting the brand. Manganiello also goes way beyond CrossFit in adding cable machines, leg pres and curls and other things one need standard gym equipment to perform.

There are a few places where this book falls apart for me. Manganiello refers a few times to a former girlfriend (or perhaps two of them -it was hard to tell) who he felt held him back from reaching his true potential. One instance was that she didn't want him skydiving and the other was that the girlfriend wasn't happy living across the street from a gym. He seems to ignore what might be the real reasons behind these objections and focus on how it affected him. The skydiving story is framed within a conversation with one of his coworkers who needed multiple surgeries after a skydiving accident. The accident was so bad that the guy lost part of his foot and shattered his leg in seventy two places. Manganiello's takeaway from the conversations about this man's injuries was- find a new girlfriend who won't worry about you maiming or killing yourself. The issue with living across the street from the gym was not really elaborated. Who knew why the girl didn't like the place? I'm not sure why either anecdote was included, or why the editor felt they were relevant and left them there. They had nothing to do with anything and just felt like sour grapes and a way to vent some left over anger about old relationships. For a guy who wrote a book about focusing on being productive in life, this was certainly unnecessary and snarky.

Evolution is geared toward men. The verbiage used indicates that Manganiello is talking specifically to men here. He uses the term, "most guys" quite often throughout the book. I get that, I guess. Much of this is him sharing his own stories and experience of a journey from a skinny kid to a the image he presents today. It does seem like a missed opportunity, though. Manganiello has made his name based on his looks, and a major piece of that is his appeal to women. He, his editor, publisher, etc. had to know that a large portion of books sales would be to women, and that men are not the only half of the population interested in exercise or looking for inspiration to make life changes. The pages and pages of photos are certainly proof that the publisher was looking to sell this book across gender lines, yet, like in most of the fitness industry, the words are chosen in an effort to sell men one thing and women something else. The other day I wrote about wanting to throw a weight at the (male) instructor in my spin class after he made a comment about the hand weights being light, so the ladies didn't have to "worry about bulking up." There are a whole lot of us delicate females who completely understand that heavy weights are the way to go. While we may not want to look like Joe, that doesn't mean that the same lessons about how to make the journey don't apply to the XX chromosome set.

Motivational? Yes, if you're looking for someone to tell you you can do it.

Helpful? Perhaps. The photos and examples of form for various movements were wise to include.

Fluffy? Hell, yes. There's a chapter dedicated to how Joe gets ready for shirtless photo and film shoots. Sigh. On one hand it's all about how he's not different than anyone else, then he's talking about how he pumps up for the camera.

The bottom line is it's a celebrity workout book, not a fitness guide or text. Take it for what it's worth, absorb the motivational efforts of the author and enjoy the photos. That's what I did!

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## **Kelli says**

“Should you do this workout plan? I don’t know, I’m not your mom.”

- from Nicole Cliffe’s excellent review of this book for Elle online, “For Six Weeks I Lived by Joe Manganiello’s Insane Diet and Workout Plan”

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## **Ljp1983 says**

This book is the real deal. It's easily the best \$20 I've ever spent.

Joe Manganiello gets you inside his head and shows you the frame of mind necessary for success in a fitness program (and perhaps beyond), in an easy-to-read, easy-to-grasp manner. It's a no-nonsense approach, it doesn't promise magic tricks and shortcuts to skip the hard work necessary to get in truly great shape, it just tells you how to deal with them. Joe brings the blueprint, YOU bring the willpower. There is no substitute for hard work; Joe believes this and so must you if you want the program to work for you. Believe me, if you put the effort in, it WILL work for you.

I picked this book up on a whim, thinking that I already had a pretty solid workout routine and was seeing results and making steady gains for well over a year. My routine was getting boring and monotonous lately though because of repetition, so I decided to branch out and try following somebody else's routine to take me out of my comfort zone.

After the very first workout, I was a convert. I'd never worked as hard in my life. The speed of the workouts makes it a cardio routine as well as a lifting routine, and within a few sets I was leaving a trail of sweat on the floor. Say what you will about a celebrity fitness book and the credentials of an actor as a fitness guru, but the real star of the book is the 6-week Evolution transformation program. The workouts are designed by a true fitness guru and celebrity trainer, Ron Mathews, and they are intense enough for even very advanced fitness enthusiasts to use and benefit from. The program promotes lower weights, higher reps, and less rest than you're probably used to, and manages to target and activate not only every individual muscle group, but every single part of every muscle. Exercises and grips are constantly changed to keep your muscles guessing and to target individual components of muscles that you may not even have been using. Within 2 weeks I had separation in my delts and lats that I had never achieved before because I was lifting heavy weights and forcing my body to compensate rather than engaging all of the right muscles.

If you don't have this book and you're serious about working out, you need it. Follow this program and you're guaranteed to see results you haven't seen before. If you're not planning to go all the way, don't even bother. This is not a book for quitters.

Thank you Joe and Ron for helping sculpt my body and my life.

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