



## The Ultra Man: The Ultimate Strong Man Contest

By Ricardo Ruiz

Createspace, United States, 2014. Paperback. Book Condition: New. 251 x 203 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.THE ULTRA MAN IS A TEST OF STRENGTH OF TRULY HERCULEAN PROPORTIONS DEVISED BY RICARDO RUIZ. HE HAS BEEN IN WEIGHT-TRAINING FOR YEARS AND HAS OWNED AND OPERATED HIS OWN GYM IN MEXICO CITY. HE IS ALSO THE AUTHOR OF THE X MAN: THE ULTIMATE MAN S DECATHLON. BE READY TO MEET THE CHALLENGE: TO SEE IF YOU CAN ACHIEVE BEING THE STRONGEST MAN ON THE PLANET.

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