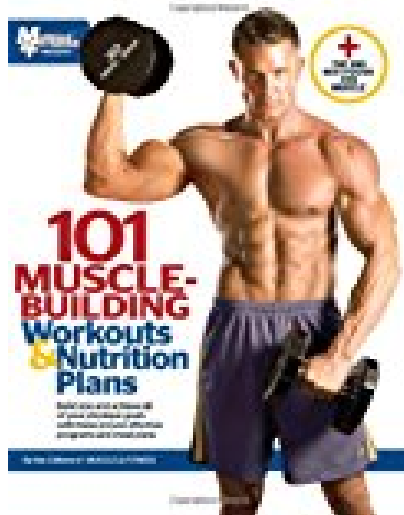


101 Muscle-Building Workouts & Nutrition Plans 101 Workouts



BOOK DETAILS

- Author :
- Pages : 176 Pages
- Publisher : Triumph Books
- Language : English
- ISBN : 1600785131

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BOOK SYNOPSIS

In "101 Muscle-Building Workouts & Nutrition Plans," "the" staff of editors, scientists, and expert trainers at the acclaimed magazine Muscle & Fitness provide the very best lifting advice they have to offer. The various training programs contained here are all cutting-edge--backed by scientific research and proven time and again in the trenches by novice and professional athletes alike. With multiple full body programs ranging all the way from four weeks to three months, readers are covered for years to come. To support efforts at the gym, comprehensive meal plans ensure the maximizing of muscle mass while also increasing energy levels and maintaining overall health. Whether the goal is to make good on a New Years resolution or get in shape for the summer, this "reference "provides all of the useable information needed.

101 MUSCLE-BUILDING WORKOUTS & NUTRITION PLANS 101

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