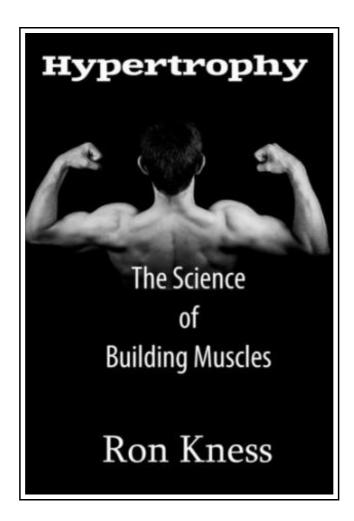
Hypertrophy - The Science of Building Muscle: Discover the Secrets to Muscle Growth, Supreme Strength and Maintaining a Healthy Diet (Paperback)



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Reviews

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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Discover the secrets to muscle growth, supreme strength and maintaining a healthy diet! So how on Earth are you going to magically build muscle? Well, actually there is no magic. Unless you count powerful information as magic (and you should), there is no spells and magic potions here. Instead, we are going to replace magic with a structured plan that if you follow, will lead to incredible results. What you II discover in this Book: - The difference between fast and slow twitch muscle fiber - The difference between sarcoplasmic and myofibrillar hypertrophy - How to combine different types of training to experience athletic aesthetics - Why both compound AND isolation movements are perfectly valid - How to train faster for better results - How to use the Joe Weider intensity principles - How to see growth even as a hard gainer - How to become incredibly lean and ripped, even as an endomorph - a person who has a hard time gaining weight - How to work out your training philosophy - How to choose a fitness movement that works for you - .and much, much more! This book will tell you everything you need to know to get into the gym tomorrow and start building a new body.

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