

Mad Scientist Muscle: Advanced Training - Nick Nilsson

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Think changing your physiology is impossible? THINK AGAIN... With Mad Scientist Muscle: Advanced Training, you'll use science-based training techniques, like "controlled overtraining" and "structural" training, to optimize your physiology and prepare your body for muscle growth. This book is for advanced trainers who are ready to DEMOLISH plateaus and achieve growth and strength increases previously thought unattainable. Best of all, every training session is designed to be completed in less than an hour! Also included: - Detailed nutrition section - Supplement guide - Low-carb dieting option - "Lazy Cook" muscle-building recipes This book includes the most INSANELY effective training techniques you'll ever experience. It is packed with powerful training methods designed to build MASSIVE muscle by using a volume/intensity-driven format. Author: Nilsson, Nick Publisher: Price World Publishing Illustration: N Language: ENG Title: Mad Scientist Muscle: Advanced Training Pages: 00000 (Encrypted EPUB) On Sale: 2011-06-15 SKU-13/ISBN: 9781936910526 Category: Sports & Recreation : Bodybuilding & Weight Training Category: Health & Fitness : Exercise Category: Health & Fitness : Nutrition

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