

Masterlift With Winpower -bodybuilding Diet Software



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Nutrition Software This is not an E-Book but some software I got a while back. It's a very small file size and it's in a self-extracting zip archive...you don't need a zip program on your computer to extract it. It's called Masterlift and allows you to create your diet and it calculates the percentages/grams of all your macronutrients. I've used it for years so it's an older program but still works and now I'm passing it on as you may have some use out of it. It also allows you to create your workout based on max lifts but that doesn't seem to save properly with newer operating systems so I just use it for diet.

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