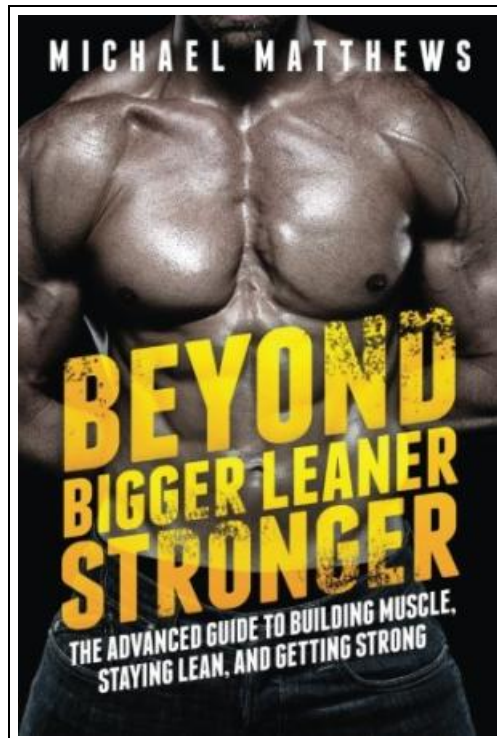


Beyond Bigger Leaner Stronger: The Advanced Guide to Building Muscle, Staying Lean, and Getting Strong



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Reviews

*Very useful to any or all group of men and women. It is written in basic words instead of difficult to understand. I realized this ebook from my i and dad recommended this publication to understand.
(Althea Fahey MD)*

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Oculus Publishers, United States, 2014. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.If you want to build as much muscle as naturally possible.be able to bench press, squat, and deadlift gargantuan amounts of weight.and maintain a ripped, beach-ready physique year round.then you want to read this book. If you ve been lifting weights for any period of time, you ve probably wondered. What does it really take to make the jump from a good physique.from being kinda strong. .from looking athletic. .to having an outstanding looking, extraordinarily strong, ripped body that just makes people say WOW ? You know, the type of body that makes people wonder if you re on steroids or just a genetic freak. The type of body that fills you with self-confidence and pride of achievement. The type of body that most of us guys dreamt of having before we ever touched a weight. Well, this book was written to show you exactly how to make it through the intermediate lifter phase smoothly, with an incredible physique to show for it, and then continue to make gains and enjoy your training as an advanced lifter. Here s a sneak peek of what you ll find inside Beyond Bigger Leaner Stronger. How to accurately pinpoint the weak points in your physique that, when corrected, dramatically improve your proportions and overall aesthetics The science of proper training periodization with a program specifically built for intermediate and advanced weightlifters Whole-body mobility routines that will not only help prevent injury, but improve performance as well 8 scientifically proven ways to break through weightlifting plateaus Exactly how to get shredded (6 to 7 body fat) without frying your muscles or sanity. How to maintain single-digit body fat percentages year-round with...



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