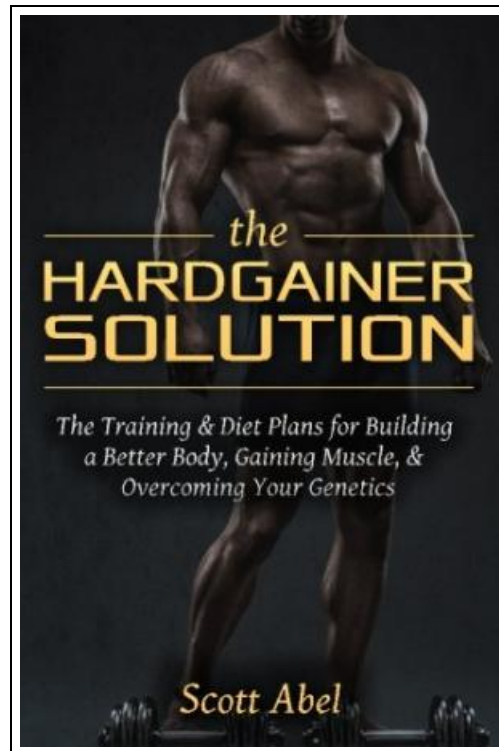


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Reviews



This publication is indeed gripping and interesting. It is rally exciting throug reading period of time. I am just happy to inform you that this is the very best publication i actually have go through during my individual existence and could be he finest pdf for ever.
(Miss Lela VonRueden)

THE HARDGAINER SOLUTION: THE TRAINING AND DIET PLANS FOR BUILDING A BETTER BODY, GAINING MUSCLE, AND OVERCOMING YOUR GENETICS (PAPERBACK)



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Createspace Independent Publishing Platform, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. A blueprint for building a better body, gaining muscle, and overcoming your genetics Training for Strength and Training for Muscle Development You ve been told, train for strength, and development will come and that heavier is better. These are half-truths at best, and myths at worst. The Hardgainer Solution argues that you train first and foremost for development, and then a certain kind of strength will come. Yes, you will get bigger and stronger on this training program, but true physique development and muscle gain is not about 1RM strength. This program is designed with one thing in mind: gaining muscle and physique development. If you are a hardgainer, you need to gain serious muscle mass before you can focus solely on dieting down, getting leaner or getting shredded or getting ripped. Note that this weight training program does not require you to drink 2 liters of milk every day, or to drink protein shakes all day. You do not need to engage in 4-hour weight training sessions or take steroids. The diet and meal plans included are reasonable and sustainable, and come with guidelines for tweaking and customization. They are what Scott has used with his own clients. What s Included? The background and history behind this program, including its roots in Scott s training sessions with Bill Pearl in the 80s Explanations and introduction to the program s methodology Guidelines for not just what to do when you workout, but HOW to workout effectively A complete breakdown of over 80 individual workouts (plus links to get formatted, printable versions of the workouts) How to keep it alive and stay fresh while staying consistent on the same program Guidelines and...

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