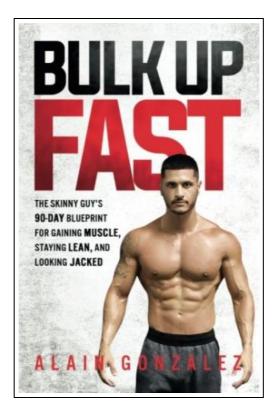
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Reviews

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BULK UP FAST: THE SKINNY GUY S 90-DAY BLUEPRINT FOR GAINING MUSCLE, STAYING LEAN, AND LOOKING JACKED (PAPERBACK)



Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. If you re a naturally skinny guy who finds it nearly impossible to gain weight and build muscle, no matter how hard you train or how much you eat, then you II want to read this book. Inside you II find proven strategies that are guaranteed to put meat on your bones. These are the same techniques I used to go from a 107-pound pencil-necked weakling to a strong and jacked fitness authority. I II show you how to do it all without steroids, without wasting a single penny on worthless supplements, and without spending hours in the gym. In This Book You II Discover. -A simple formula to ensure that you re eating enough daily to gain weight and build muscle maximally. -The three most important factors of muscle growth that, if implemented correctly, will pack slabs of muscle onto your scrawny frame. -Why it s not your genetics or your metabolism that are keeping you skinny, and how being naturally thin may actually put you at a slight advantage when it comes to building muscle mass. -11 sneaky diet hacks that II help you eat more food without force-feeding yourself nauseating protein shakes and chalky health bars. -The three mechanisms of muscle growth that, when programmed strategically, become a virtuous cycle of strength and muscle growth. -The Big 6 exercises responsible for 95 of your muscle growth and how to perform them for maximum results. -A simple, done-for-you nutrition system designed to have you packing on pounds of muscle without ever succumbing to the dreaded weight gain plateau. -An easy-to-follow, proven training system created specifically for naturally skinny beginners who want to pack on the most muscle in the least...

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