



## How to Gain Muscle: Three Manuscripts: Strength Training Program 101 + Strength Training Nutrition 101 + Meal Prep Recipe Book (Paperback)

By Marc McLean

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Combined. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Want to learn how to gain muscle fast .even if you ve failed in the past? You CAN if you use the right strength training exercises, the correct sustainable nutritional approach, and back it all up with consistency. How To Gain Muscle is a special combo of three top-selling books in one written by online personal training and nutrition coach, and health and fitness author, Marc McLean. With almost two decades worth of experience in strength training and owner of Weight Training Is The Way, Marc can show you how to build muscle mass and develop a lean, awesome body to be proud of. Three of his popular books have been compiled into this single special edition title as a comprehensive guide to weight training in the gym, good nutrition out of it, and how to achieve your health and fitness goals. The books are: - Strength Training Program 101: Build Muscle Burn Fat.In Less Than 3 Hours Per Week; - Strength Training Nutrition 101: Build Muscle Burn Fat Easily.A Healthy Way Of Eating You Can Actually Maintain; - Meal Prep...



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