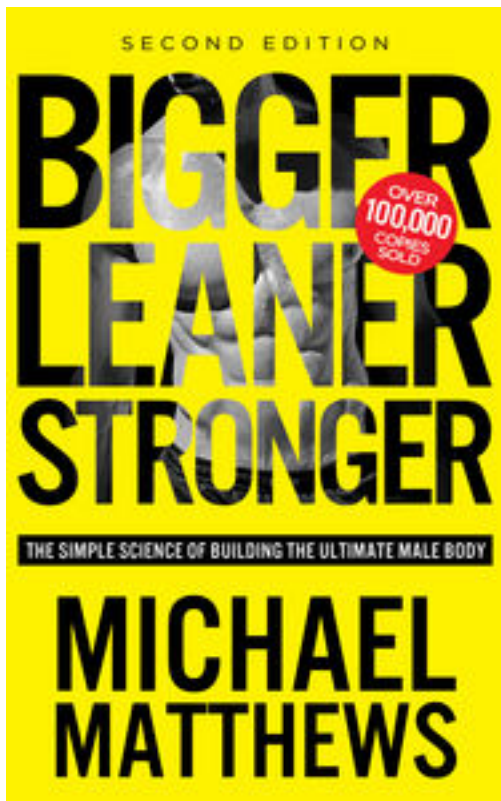


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If you want to build muscle, lose fat, and look great as quickly as possible without steroids, good genetics, or wasting ridiculous amounts of time in the gym and money on supplements ... regardless of your age ... then you want to read this book.

Building muscle and burning fat isn't as complicated as the fitness industry wants you to believe. This book is the shortcut.

You don't need to: spend hundreds of dollars per month on the worthless supplements that steroid-fueled bodybuilders "swear by." **You don't need to:** constantly change up your weightlifting exercises to build muscle mass. Muscle building is much simpler than that. **You don't need to:** spend a couple of hours every day doing tons of weight training sets, supersets, drop sets, etc. In fact, this is a great way to get nowhere. **You don't need to:** grind out hours of boring

cardio to shed ugly belly fat and get a six-pack. You don't HAVE to do any cardio, actually. **You don't need to:** obsess over "clean eating" and avoid "unhealthy" foods to get ripped. Flexible dieting is the real "secret" of effective bodybuilding nutrition. Those are just a few of the harmful lies and myths that keep guys from ever achieving the lean, muscular, strong, and healthy bodies they truly desire. And in this book you're going to learn something most guys will never know ...

The exact methods of diet and training that make putting on 10 to 15 pounds of quality lean mass a breeze...and it only takes a few months.

Here are just a few of the things you're going to discover in this book: The 7 biggest muscle building myths and mistakes that keep guys small, weak, and frustrated. How to build muscle, lose fat, and get healthy eating foods you love and never feeling starved, deprived, or like you're "on a diet." An all-in-one training system that delivers MAXIMUM results for your efforts, helping you build a big, full chest, a wide, tapered back, thick, powerful legs, and bulging arms...spending no more than 3 to 6 hours in the gym every week...doing workouts that energize you, not wipe you out. A no-BS guide to supplements that will teach you what works and what doesn't, and save you hundreds if not THOUSANDS of dollars each year. How to master the "inner game of fitness" and develop the self-discipline and willpower it takes to build the body of your dreams (and actually enjoy the process!). The 3 simple laws of muscle growth that, when applied, literally force your body to grow bigger and stronger. How to get shredded while still indulging in the "cheat foods" that you love every week like pasta, pizza, and ice cream. And a whole lot more!

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Imagine enjoying the added benefits of high energy levels, no aches and pains, better spirits, and knowing that you're getting healthier every day... **The bottom line is you CAN achieve that**

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