



Optimized Nutrition: Vol. 2: Customized Workouts Meal Plans

By Travis S, Miller

Createspace. Paperback. Condition: New. This item is printed on demand. 352 pages. Dimensions: 10.0in. x 8.0in. x 0.8in. Most of the 23 million American Martial Artist who lift weights do so to get bigger; unfortunately, many of them are going nowhere with watered-down bodybuilding routines that don't help them actually get stronger. Travis featuring constant progression, variation, and inspiring goals, keeps you focused on increasing strength along with muscle mass, helping you achieve the fittest, most energetic, and best-looking body you've ever had-with fewer hours at the gym. Since the release of Optimized Nutrition: A strategic guide for the martial artist (Volume 1) Travis has received an overwhelming request for more from martial artist from around the globe on this series. This full, detailed workout guide outlines the exact pattern of days to spend in the gym along with the exercises, sets and reps for each workout. And it explains exactly how each workout should be performed for maximum effectiveness. The Workout Plan includes routines for both beginners and more advanced lifters, so there's a plan for you no matter what your experience level is. It also includes a full list of exercise substitutions, so you can execute the plan at...



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