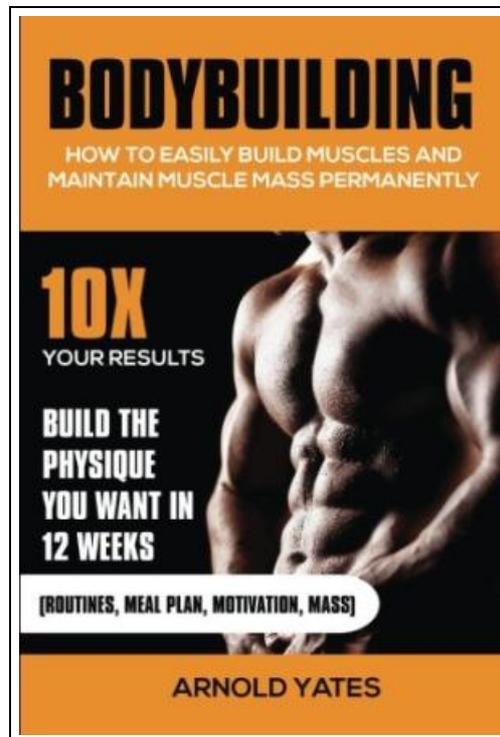


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Reviews

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BODYBUILDING: HOW TO EASILY BUILD MUSCLES AND MAINTAIN MUSCLE MASS PERMANENTLY (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Use these powerful training routines and strategies to immediately improve your physique! Greetings, My name is Arnold Yates and I am a Doctor and a bodybuilder. I have a PHD in exercise physiology. The reason I created this book is because I don t want people to go through what I went through. Decades of learning, trial and error is compressed into this book. My goal is to spread valuable information to the mass media so that people can improve their health wellness. Get this book to cut your learning curve and get the body you want in a shorter amount of time. Building up the muscles and getting in shape is the dream of each one of us. Besides a good health sign, a body in good shape becomes ideal and attractive. In bodybuilding, we train our body to build muscles by promoting and boosting up natural muscle growth through wisely planned exercises and healthy eating. In older times, shaping or building up the body was considered as a sport, but now it has become a craze, a trend or a fashion more than a sport or professionalism. Actually, bodybuilding is a technique to build beautiful and powerful muscles through progressive resistance exercise. It is also said that bodybuilding not only builds great muscles but also trains minds. In bodybuilding, progression day after day gives you self-confidence and self-esteem that not only strengthens your body but also your mind. Being a fitness trainer, I myself trained by attitude while training my body. In the beginning, you may find bodybuilding a daunting experience due to its traditional tiresome routine and your mindset towards bodybuilding. If you have a little...



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