



Muscle Building for Men - An Introductory Guide to Building Muscle Mass (Paperback)

By Ron Kness

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.In my book Muscle Building for Men - An Introductory Guide to Building Muscle Mass, I reveal a successful method of building muscle. Your best bet is to formulate an all-over workout routine that helps you do three things: -Burn fat -Build muscle mass -Strengthen your muscle Burn Fat Burning off fat is really a quite simple process. All you have to do is burn more calories than you take in. In fact you have to burn 3,500 more calories per week than you take in to lose one pound of weight. One of the best ways to burn fat is through cardio-type exercises, such as running, biking or playing any sport that keeps you moving all the time and gets both your heart rate and breathing up into the fat burning zones - a target rate that is 80 of 220 minus your age. Build Muscle Mass While cardio burns off excess calories and the fat and weight associated with it, the only way to build muscle is through weight or strength training. Working with light weights but numerous...



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Reviews

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