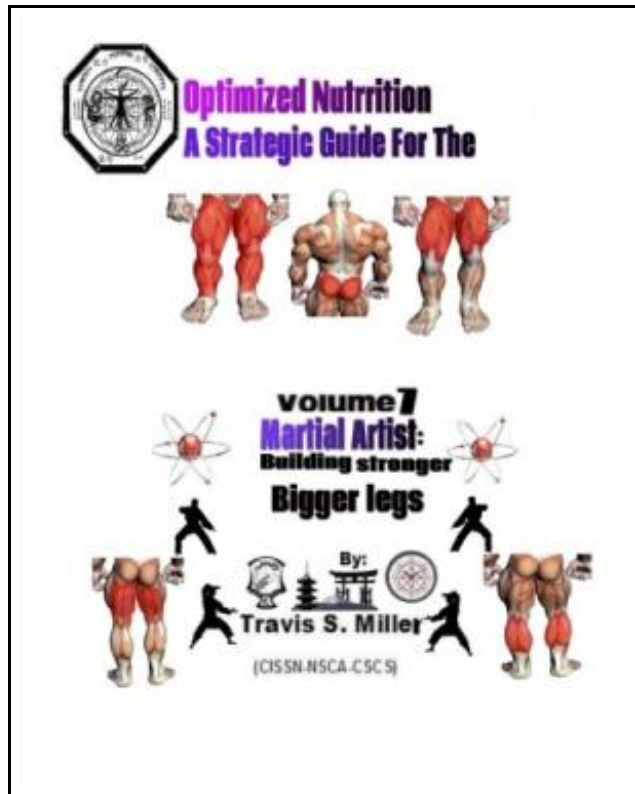


## Optimized Nutrition Vol. 7: Building Stronger Bigger Legs



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**(Trevion O'Hara)**

## OPTIMIZED NUTRITION VOL. 7: BUILDING STRONGER BIGGER LEGS

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Createspace, United States, 2014. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Leg and Lower Body Exercises are happily (and stupidly) skipped by the majority of lifters. However, your leg muscles form the foundation to your POWERHOUSE and can't be ignored. Too often, people think: Who cares about my legs? I'm trying to sell tickets to the guns show and be able to bench press more than my buddies. While that may be the case, calling on this large leg muscle group releases more muscle building testosterone and growth hormone than training any other muscle group. These natural muscle builders supplement all your other lifts and don't just build your leg muscles, but also pump up your chest muscles and all of the other glamour muscles. Lower body exercises also force your body to extract more energy (burn more calories) than upper body exercises. Burn fat build muscle - Nice huh? Which one you do will depend on your diet. Idea to Building stronger Bigger legs stems from his combination of compound movements combined with regularly switching up exercises, which forces into a state of continuous adaptation. Getting trapped in routines leads to growth-killing plateaus. You don't have to worry about getting into a rut with the Building stronger Abs Core. program though because you'll never run out of routines and variations with everything he's included here. With the foundation firmly established, Travis now gets into the actual training routines. The movements are organized into three categories: 1) mid-range power exercises; 2) fully stretched exercises; and 3) peaked contraction exercises. Sit-ups, crunches and leg lifts are the first exercises he suggests for Building stronger Bigger legs for. None of these are traditional exercises but...

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