



## Lean Dense Muscle and Strength: Simplifying the Process of Building Dense Muscle, Gaining Strength and Getting Lean

By Samuel George Hare

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.If you've been looking for a research based book that will teach you how to effectively build natural dense muscle, gain strength and get lean using the most effective training and nutrition variables available, then you will want to read this book. This book is a complete training guide packed with huge amounts of information that will teach you how to get maximum results from your time in the gym. Even if you're an advanced weightlifter you will still get a huge amount of value from this book. Here are a few things you can expect to find in this book. How to effectively calculate your daily nutritional needs to meet your goals. The truth about clean and unclean foods, meal timing and frequency. The roles that protein, fat and carbohydrates play in the body. How to easily plan and prep meals. Learn the true researched science of achieving dense muscle growth with load progression. How to achieve 100 muscle fibre recruitment with each and every rep you perform. How to stimulate and target the muscle fibres...



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