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Man 2.0: Engineering the Alpha: Unlock the Secret to Burn Fat Faster, Build More Muscle, Have Better Sex and Become the Best Version of Yourself

By John Romaniello, Adam Bornstein, Arnold Schwarzenegger

Ebury Publishing. Paperback. Book Condition: new. BRAND NEW, Man 2.0: Engineering the Alpha: Unlock the Secret to Burn Fat Faster, Build More Muscle, Have Better Sex and Become the Best Version of Yourself, John Romaniello, Adam Bornstein, Arnold Schwarzenegger, What would you say if you knew there was ONE solution to every man's most vexing problems? - Bigger muscles? Easy. - Less fat? Check. - More intelligence? No problem. - Eating pizza, burgers, drinking beer and being strong, fit and lean? Of course. - A wild sex life? Yes, there's drugs-free fix for that too. The solution is in this book. Written by health pioneers and advisors to key influencers, including Tim Ferriss and Gary Vaynerchuk, Man 2.0 presents a unique 4-week diet and fitness plan to make you look and feel like the man you want to be. Clear and simple, the authors' game-changing plan is the culmination of 10 years of work and research into the science of natural hormone optimisation. It involves a combination of intermittent fasting, carbs and calorie cycling, macronutrient manipulation, a targeted fitness regime (no more endless exercising) and a weekly overeating day. Within the first week you will feel better in terms of...



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