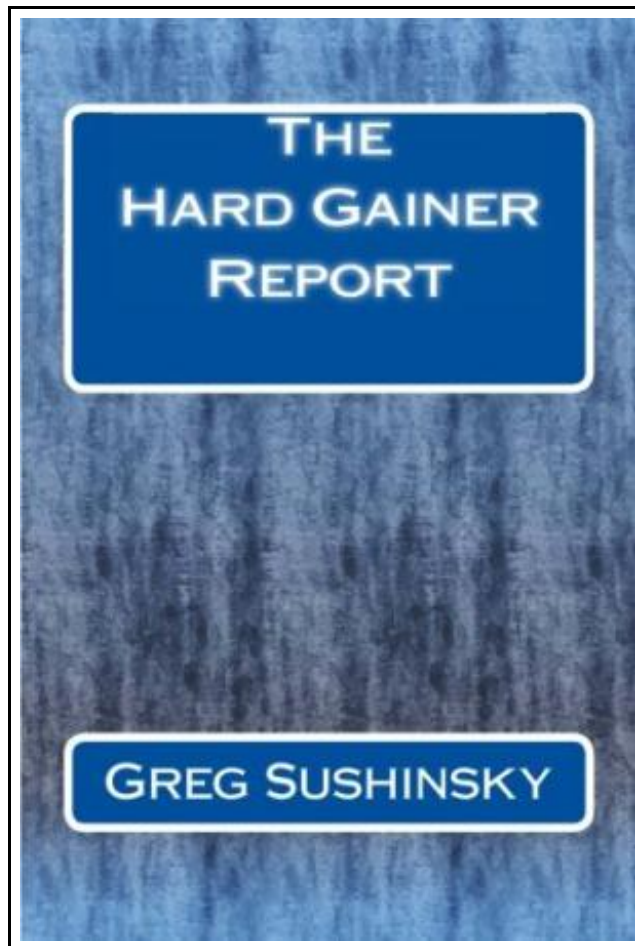


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Createspace, United States, 2011. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Training and nutritional information for the most neglected group of bodybuilders: drug-free hard gainers. In this report, you ll learn if you re a hard gainer and why you re a hard gainer if you are, and why you are having trouble gaining muscle and strength. Better than that, we ll show you how you can begin to gain muscle and strength, and keep on gaining. This report is for the natural (drug-free) hard gainer-especially. You ll find information on such topics of importance for the hard gainer as workouts, rest and recovery, how to plan your workouts, and a critical discussion of nutrition, eating and metabolism for the hard gainer. Workout routines are also covered in this report. If you are working out like everybody else and not gaining, we ll show you workouts that will work for you. If you are one of the extreme hard gainers, we can show you how you, too, can make gains. While conventional workouts don t often work for hard gainers, often hard gainers need to resort to more limited workouts specifically designed for them. When even these methods don t work, we show you still other methods. There are alternatives. Learn how as a hard gainer, you may eventually utilize a unique variation of volume training principles to boost your progress. (Though many experts say you can t do this.) You will find also, the number one thing you need to do above everything else if you are to succeed in your bodybuilding as a hard gainer. This report contains: -The #1 thing hard gainers need to do to gain muscle size -how to gain weight, how to gain...



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