



Workout: 33 Best Science-Based Workout Hacks (Bodybuilding Series) (Volume 7)

By Felix Harder

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Want To Know How To Create The Most Efficient Workout And Improve Your Nutrition Using Proven Science?

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It shows you how much more efficient and less time consuming your workout and dieting routine can be if you simply **follow these workout hacks and diet strategies**. You will be taking advantage of bodybuilding concepts, that will get you better results and save precious time. Some of these strategies have performed by bodybuilders for decades and are **scientifically proven to work**. *This Book Covers The Three Most Important Aspects Of Bodybuilding:* - Workout tips that will improve your workout routine to help you gain more muscle and strength - Tricks and strategies to optimize your nutrition - Motivation hacks and more to stay focused *It Teaches You How To:* - Use Progressive Overload To Your Advantage - Properly Go To Muscle Failure - Breathe Correctly For More Strength - Train Your Arms In Less Than 10 Minutes - Trigger More Muscle Growth With One Simple Trick - How To Make Fat Your Friend - Stock Up On Healthy Snacks - Find The Perfect Time Of The Day To Workout - Find The Right Workout Partner - Set Goals That Will Motivate You - Make Your Own Fat Grips ...and much more! *Each Exercise In This Book Contains:* - step by step instructions on how to perform the exercise - a picture / illustration - details about the primary and secondary muscles involved - safety tips - and possible variations Avoid simply copying friends at the gym! This usually lead to injuries and long-term joint problems. To spare yourself such issues, you need to educate yourself on how to train correctly. I promise you that **if you follow these proven workout strategies, you will build more muscle and lose fat more efficiently and with less effort**.

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