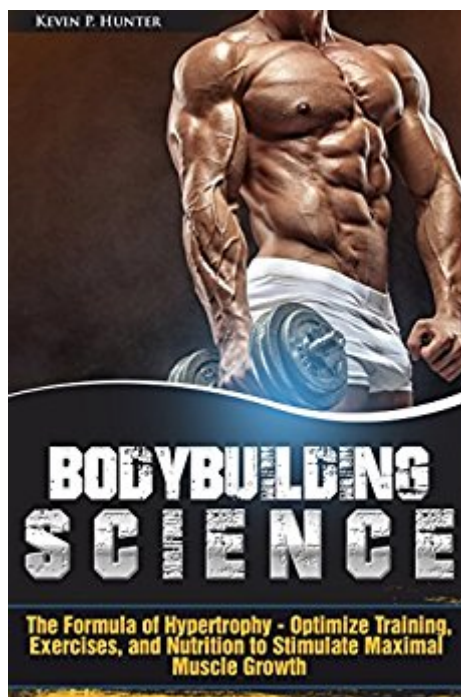




The book was found

Bodybuilding Science: The Formula Of Hypertrophy - Optimize Training, Exercises, And Nutrition To Stimulate Maximal Muscle Growth



Synopsis

Are You Looking for A Research-Backed, No-Nonsense Guide to Bodybuilding? Don't Waste Your Valuable Time and Money on Pop Culture Click-Bait That Doesn't Work. Learn the Tactics That Boost Muscle Growth, Melt Away Fat, and Bring the Results That You're Looking For!

Bodybuilding Science from Kevin P. Hunter is a proven guide to making you stronger. Kevin lets you in on the secrets of bodybuilding pros • showing you exactly how your body responds to stress, builds muscle, and becomes more powerful over time. Your gym buddies will be kicking themselves for not being able to keep up with the gains you're making.

The Bodybuilding Book

With Bodybuilding Science: The Formula of Hypertrophy, you'll learn:

- How you can boost energy, motivation, and self-esteem
- all though your bodybuilding workout routine!
- Why diet and nutrition play a vital role in bodybuilding
- and how to develop a meal plan that's perfect for you!
- The two types of bodybuilding programs
- and how you can get the most out of each!
- A bodybuilding workout plan that will get you bigger and stronger than you ever thought possible!
- How to find your weakest areas and target specific body parts to make sure you never miss a muscle!
- FREE BONUS chapter filled with delicious smoothie recipes so you know your body has the nutrients it needs
- before AND after your workout sessions!

The 11 Principles of Bodybuilding Science

Bodybuilding can be an intimidating task, especially for beginners | but not if they walk in the weight room with the same secrets and techniques as the biggest guy in the gym. In Bodybuilding Science, Kevin gives you his 11 Principles of Bodybuilding

- a step-by-step, science-backed guide to building the body you've always wanted... FAST.

Kevin shows you:

- How often to work out each part of your body
- right down to the number of sets and reps you need to get the most out of your bodybuilding workouts.
- Why strength training and power lifting are the most effective ways to boost muscle growth and build mass.
- Why compound and isolation exercises are both vital parts of a bodybuilding routine
- and how to use each to your advantage!
- The relationship between rest and repetitions
- and how it can to benefit your training!
- How the volume and intensity of your workouts determine the way your body responds
- and how to use these factors to get the best results possible!

Don't Waste Your Valuable Time in the Gym.

Bodybuilding Science: The Formula of Hypertrophy offers research-backed methods and scientifically proven formulas to get the most out of your bodybuilding workout routine

- without all the promotional fluff you'll find elsewhere.

If you've been putting in long hours of work at the gym but just aren't seeing the results you're looking for, click the "Add to Cart" button now and soon you'll be making gains like never

before. Click the "Add to Cart" button now and you'll be busting out sets of muscle-shredding workouts in no time!

Book Information

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Customer Reviews

This is the book I've been waiting for and this new book, Beyond Bigger Leaner Stronger, delves into so much more than just hitting weights and diet and He has some pretty nice information about flexibility and mobility - stretching and foam rolling and there's also a few chapters towards the end that go over some of the fad diet types floating around right now - Intermittent Fasting, Carb Cycling, and Paleo. and He's got tips on getting your fat percentage under 10% and maintaining it there for extended periods and I feel that these books will help people get into the shape that they've always wanted to be in and get much healthier while doing it and Thank you kevin! You are an awesome man and i want to thank you before hand for helping me with my fitness goals and overall making my life better.

Bodybuilding is a lot more than just oiled up muscular men it's a combination of art and science It is perfected with sincere effort combined with months of training, dedication, and knowledge. It's very

important to get the right guidance as assumptions and sense don't work in bodybuilding. This book will give your proper guidelines anyone need to go through the bodybuilding process and will help you to expand your knowledge beyond training. First, you will learn about your body and understand more about its functioning; this will help you connect with and listen to it. As working against nature won't provide a good result. Recommended.

This is a great book on body weight exercises. Perhaps the only body weight exercise book a person would ever need. The author provides many exercises and many methods for controlling the intensity of each exercise. This makes the book applicable to every level of fitness, from beginner to advanced. Very basic nutrition and motivation strategies are also provided, as well as some personal history of the author which is quite motivational itself.

This is an excellent book! I have a small library and several health and fitness books. I learned new information from this book. It is a totally description on the Body building, which I like because I am a trainee at a gym and I really want this type of book. Summarizes several studies. Probably the most informative book on muscle development that I have ever read. Looking forward to reading future books By the kevin.

While we know exercise is good for us, we may not know the importance of body building through strength training. Gaining muscle mass offers plenty of benefits for everyone. Strength training increases lean muscle mass, which helps our body burn calories more efficiently and improves our quality of life. This book is a good guide and perfect for beginners.

It's a brilliant guide for anyone trying to build muscle and covers basically every topic you could imagine. It even shows how best to gain muscle depending on your body type - something I'd never even considered before. One of the greatest things about this book was that it gives plenty of examples and even gives you a guide for building your own program.

This is an excellent book! The definitive handbook on evidence based scientific principles of building muscle. A must-read for anyone that adheres to the scientific principle of evidence based fitness. Excelent source of scientific information for the amateur body builder to build its routines in a comprehensive muscle development manner.

The Author Kevin P. Hunter made a proven guide to making us stronger more than ever before. Kevin lets us in on the secrets of bodybuilding pros showing us exactly how your body responds to stress, builds muscle, and becomes more powerful over time to see the product of us.

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