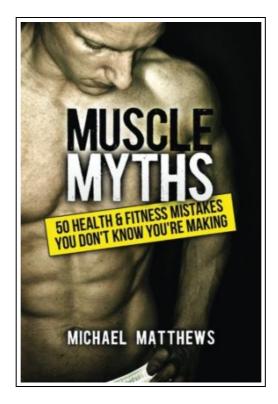
Muscle Myths 50 Health Fitness Mistakes You Dont Know Youre Making The Build Healthy Muscle Series



Filesize: 3.8 MB

Reviews

An exceptional ebook along with the typeface employed was intriguing to see. It really is simplistic but surprises within the fifty percent of the ebook. It is extremely difficult to leave it before concluding, once you begin to read the book.

(Brian Miller)

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CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 202 pages. Dimensions: 8.9in. x 5.9in. x 0.4in.lf youve ever felt lost in the sea of contradictory training and diet advice out there and you just want to know once and for all what works and what doesnt—whats scientifically true and whats false—when it comes to building muscle and getting ripped, then you need to read this book. Let me ask you a question. Do any of the following claims sound familiarI have bad genetics—Im a hardgainer. You have to work your abs more to get a six-pack. When doing cardio, you want your heart rate in the fat burning zone. You have to do cardio for 20 minutes before your body starts burning fat. Dont eat at night if you want to lose weight. Steroids make you look great. Im overweight because I have a slow metabolism. Youve probably heard one or more of these statements before, and the sad truth is lies like these have ruined many peoples fitness ambitions. There are many, many more. Thanks to the overwhelming amount of fitness pseudo-science and lies being pushed on us every day by bogus magazines and self-styled gurus, its becoming harder and harder to get in shape. Muscle Mythswas written to debunk the most commonplace and harmful gimmicks, fads, myths, and misinformation in the health and fitness industry. Here are just some of the things youll learn in this book: Why you dont have to cut carbohydrates (carbs), or fat, or eat weird combinations of food to lose weight. The truth about supplements and why 99 of them are a complete waste of money (and the few that are actually scientifically proven to work). What it actually takes to tone up--and its not doing...

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