

MUSCLE EXPLOSION: 28 DAYS TO MAXIMUM MASS

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Muscle Explosion: 28 Days to Maximum Mass by Nick Nilsson

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Muscle Explosion has 18 ratings and 1 review. Offers training and eating strategies for muscle-building. This book helps you to: reduce caloric intake to.

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You didn't even read it did you? It allows you to have a LOT of practice lifting heavy weight?

Save your time and energy by not having to design the program yourself BUT highly-focused, highly-targeted training volume done for short periods of time can result in tremendous gains in muscle mass. The training that you're doing in that first week is designed to use up all the carbs in your system as quickly as possible. Thereviewmustbeatleast50characterslong.ReturntoBookPage.Each cycle of this program lasts only 28 days and the workouts take less than an hour to complete.