



Max Capacity Training: How Unconventional Workouts Can Turn Minutes Into Muscles

Samy Peyret

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Max Capacity Training will teach you how to get the most out of your workouts. You will learn how to optimize your exercise routine and cut training time by up to 80% . Ditch the gym membership and workout anywhere for free. Discover how you can burn nine times more fat, boost your strength and as much as double your endurance. You'll also be introduced to a complete plan that includes:

- 48 strength building bodyweight exercises
- 3 fun time delimited training protocols
- the 5 principles of eating right
- how to make your own meal plan
- new tools to help you achieve your goals more easily

You'll never do the same workout twice. After reading this book, you'll know exactly what to do to get to where you want to be.

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