



HOW I GAINED 14 LBS. OF LEAN MUSCLE IN 14 DAYS. The Best Kept Secret That Will Build More Muscle and Burn More Fat That Your Personal Trainer Has Not Told You About!

Abby Woods

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You might think that building lean muscle mass can be a real challenge but the fact is that it doesn't have to be as much of a burden as you maybe thinking. You can certainly build muscle mass by reading about the many methods and techniques that you can follow through this book.

You'll start by learning about how you can burn fat in order to gain more muscle. You will discover many points on the nutritional aspects of your life, you'll also learn how you can eat right while clearing out old fats in order to stay healthy. This includes knowing how to control your diet and how you should keep from eating far more than what you can afford to have during a typical day.

You will also learn about some of the more bothersome components in your diet that will keep you from getting that muscle mass you want. Sodium and sugar are by far the biggest culprits that affects your body. This book covers points on what you can do to avoid these in your diet.

This book also covers details on how to work with various exercises. Including exercises where you can target muscles around the arms, legs and chest alike. It covers every part of your body and lets you know what you have to do in order to make them stronger. Every exercise covered in this book is explained in detail with regards to the steps you've got to follow to make them work the right way.

The mental aspect of working out is also important. This guide has its own chapter on how to manage your mind and to avoid burnouts as you are working out.

The great thing about building lean muscle mass is that it will give you that body you've always wanted and at the same time making yourself stronger. Cutting down on fat will certainly be to your advantage! Take that step in changing your lifestyle. This book will only help make life better and easier for you!

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