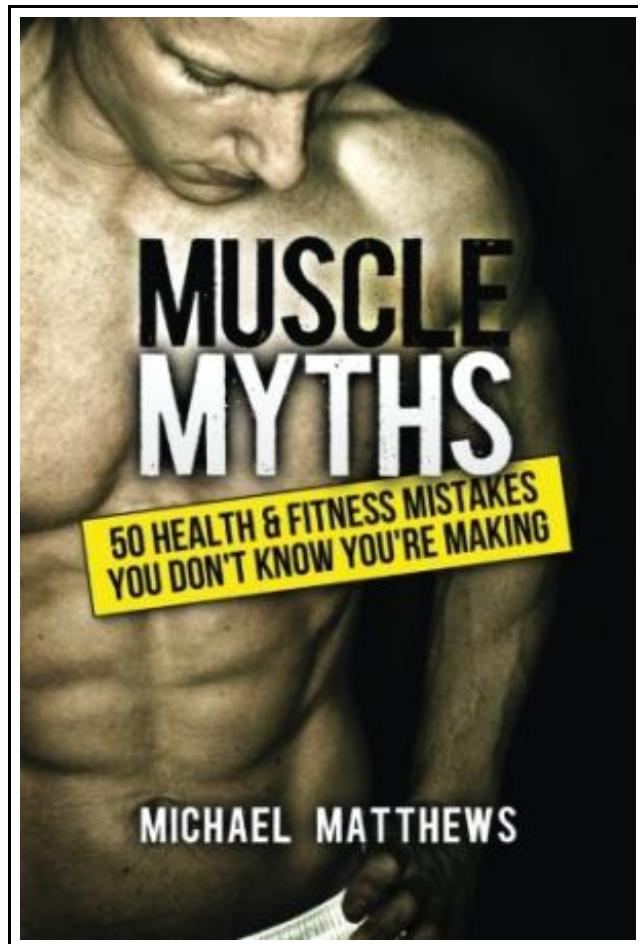


Muscle Myths 50 Health Fitness Mistakes You Dont Know You're Making The Build Healthy Muscle Series



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MUSCLE MYTHS 50 HEALTH FITNESS MISTAKES YOU DONT KNOW YOU'RE MAKING THE BUILD HEALTHY MUSCLE SERIES

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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. If you've 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 doesn't--what's scientifically true and what's 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 familiar? I have bad genetics--I'm 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. Don't eat at night if you want to lose weight. Steroids make you look great. I'm overweight because I have a slow metabolism. You've probably heard one or more of these statements before, and the sad truth is lies like these have ruined many people's 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, it's becoming harder and harder to get in shape. Muscle Myths was 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 you'll learn in this book: Why you don't 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 it's not doing...

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