



Training for Hypertrophy - Muscle Growth (Paperback)

By M Usman, John Davidson

Createspace, United States, 2015. Paperback. Book Condition: New. 224 x 148 mm. Language: English . Brand New Book ***** Print on Demand *****.Table of Contents Preface Getting Started Chapter # 1: Bigger Better Chapter # 2: How Heavy? Chapter # 3: Failure or Not Chapter # 4: Getting Stronger Techniques to Consider Chapter # 1: Progression Chapter # 2: Things to Ponder Over Chapter # 3: Exercise Selection Being Practical Chapter # 1: Warm ups Chapter # 2: Exercise Performance Chapter # 3: Schedule Chapter # 4: De-load Week Chapter # 5: Supplements Conclusion References Author Bio Publisher Preface There are oven a dozen approaches to how a person should workout, what supplements he/she should consume, or what time of day he should wake up in order to build muscle. Unfortunately, only a few of them make it to the top trusted list when there s time for a reality check. If the top charts are examined closely, any one could easily see that every approach that does make it to the top is something along the lines of Lift Progressively Higher Weights and Eat Periodically. Gym goers, as well as natural enthusiasts, have been too concerned with the tiny...



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