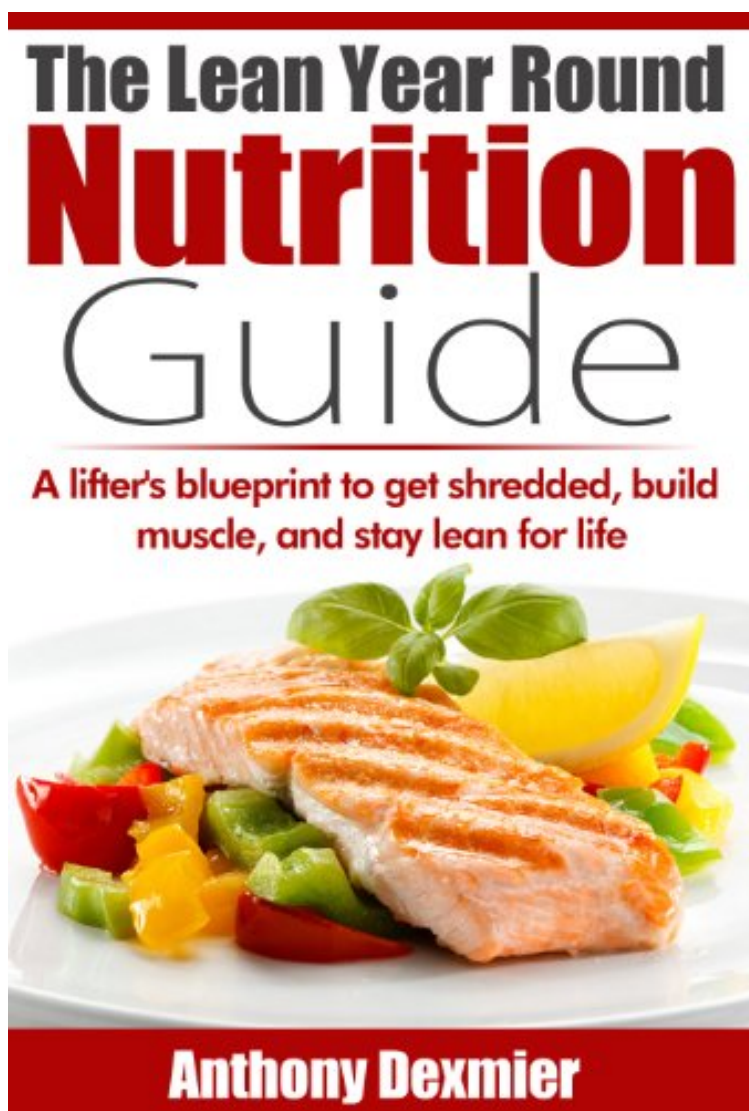


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The Lean Year Round Nutrition Guide 2.0: A lifter's blueprint to lose fat, build muscle, and stay lean all year. (English Edition)



Par Anthony Dexmier

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Prsentation de l'diteurBecome a body transformation machine.Few people really know what they're doing when it comes to nutrition to build muscle or lose fat. You may be training hard but if your nutrition is not dialled in, you are wasting away valuable training hours. Make every rep worth the effort by following the exact nutrition plan you need to reach your goal. Whether you want to lose fat or build muscle, this book makes it simple to hit your macronutrient goals with the most nutritious foods you can find. Learn how to

optimize your hormonal environment so that your body can grow new muscle as fast as possible. Avoid the dreadful bulking and cutting cycle that make able to remove your T-shirt only 2 weeks per year. There are more efficient ways to build muscles. You don't have to get fat. You will necessarily put on a bit of fat, but with the strategies laid out in this book, you will always be in control of how you look. Getting fat is counterproductive and only ensure the ratio of muscle to fat you put gets lower and lower. This book will give you the tools to put on muscle while never going above 12% body fat, and the tools to get down to shredville in 6 to 8 weeks from there. Of course, this book is not for everybody. It's for the serious lifter only. If you have a tendency to text your friends while you lift and if barely a drop of sweat can be seen when you leave the gym floor, then I suggest more basic books. There is no need to plan microcycles and zig zag methods if your training consists of a few sets here and there without much enthusiasm. However, if you train hard and are serious about improving your physique, this book will help you know what to do with your nutrition. You will be able to transform your body at will, without having to go through the classic winter bulking and marathon cutting that leave you exhausted.

Présentation de l'auteur
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