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The Mens Health Hard Body Plan: The Ultimate 12-Week Program for Burning Fat and Building Muscle

By Lou Schuler

Rodale Press. Paperback. Book Condition: New. Paperback. 384 pages. Dimensions: 10.6in. x 8.2in. x 1.0in. **BIGGER SHOULDERS! BULGING BICEPS! RIPPED ABS! A LEANER TORSO! STRONG LEGS!** Get the Body You Want in Just 12 Weeks-- Guaranteed! For fast, effective results, look no further than The Mens Health Hard-Body Plan by Larry Keller and the Editors of Mens Health - because you wont find this information anywhere else! Based on solid scientific research and exclusively developed by two leading exercise and nutrition gurus, The Mens Health Hard-Body Plan features: Three cutting-edge 12-week full-body muscle plans Choose the level thats right for you and start pumping Revolutionary Quick-Set Paths to Power Get fast results without spending half your life in the gym A sensible eating plan to keep you fueled The Hard-Body Diet allows you to eat six times a day, so youll never be hungry! It includes hearty recipes for every meal, plus dozens of snack suggestions and fast-food take-out options Clear step-by-step instructions and accompanying photographs ensure that youll have no trouble following the Hard-Body Plan. And a 3-week rotation of exercises means that you wont get bored, either. Easily customized to meet your specific goals, this plan is the ultimate guide to building...



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