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Natural Bodybuilding: Training, Nutrition, Genetics: Genetically Build the Perfect Body the Right Training Nutrition for Your Body Type

By Hn Tony Xhudo MS

Createspace, United States, 2013. Paperback. Book Condition: New. 228 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Learn Why Nutrition Clearly Defines Your Training Results. Regardless Of Any Training Routine. If you are serious about your training, and building muscle and melting body fat, you are then going to need to know about True Natural Bodybuilding, once and for all, and how it relates to 85 of your muscle building progress and why exercise is the remaining 15 of your results. This book provides you with a perfect game plan and a tactical approach to turning your fitness and bodybuilding dreams into a reality. In this book you will have gained years of knowledge in nutritional health from the authors own personal experience and education, as not only as a Holistic Health Practitioner, but an avid bodybuilder, trainer, and personal coach for the past 30 years. Let s face it, nutrition is three quarters of the battle that clearly defines the results you want from bodybuilding. Your muscular gains are literally defined by the foods that you eat. It is that simple! You will also learn that consuming the right nutrients at the right time,...



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