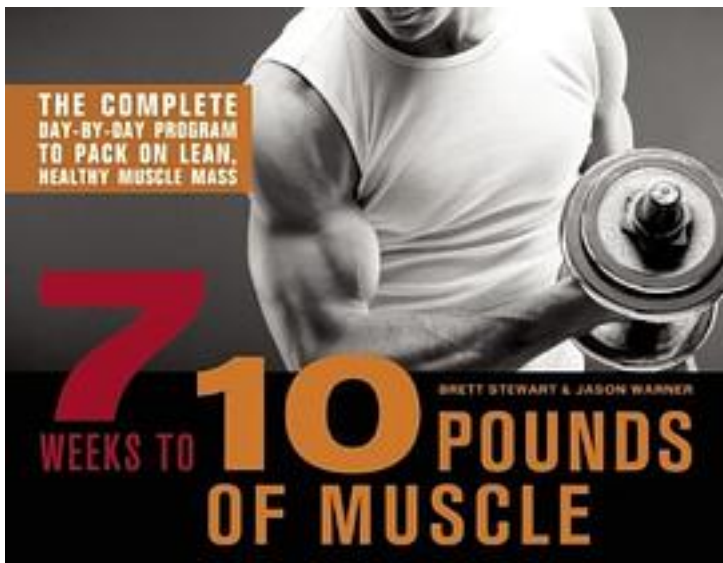


7 Weeks to 10 Pounds of Muscle



[7 Weeks to 10 Pounds of Muscle_ 下载链接1](#)

著者:Stewart, Brett; Warner, Jason;

出版者:

出版时间:2013-3

装帧:

isbn:9781612431222

BUILD MASSIVE MUSCLES

Follow the day-by-day plan in this book and you will finally achieve the body you've always wanted. Packed with clear charts and helpful photos, this book has everything you need to bulk up:

- Easy-to-follow workouts
- Step-by-step lifting instructions
- Meal plan for maximum muscle growth

The "7 Weeks to 10 Pounds of Muscle" program takes less than 2 hours per week and

requires just three simple ingredients: a can-do spirit, a carefully crafted exercise routine and a solid nutritional regimen. Offering field-tested programs and delicious muscle-building recipes, "7 Weeks to 10 Pounds of Muscle" shows how quickly you can get strong and sculpted.

作者介绍:

目录:

[7 Weeks to 10 Pounds of Muscle_下载链接1](#)

标签

科普

医学与生理

评论

[7 Weeks to 10 Pounds of Muscle_下载链接1](#)

书评

[7 Weeks to 10 Pounds of Muscle_下载链接1](#)