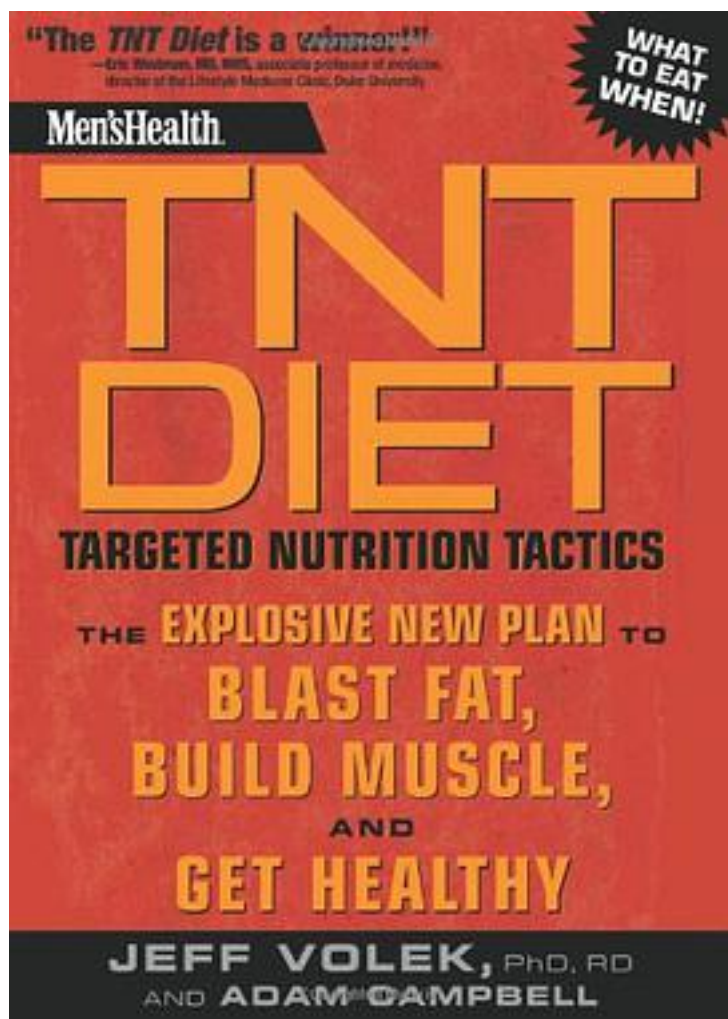


# "Men's Health" TNT Diet



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出版者:

出版时间:2009-1

装帧:

isbn:9781594869761

"The Men's Health TNT Diet" is a revolutionary program for burning fat and building

muscle. Utilizing Targeted Nutrition Tactics (TNT), the authors move beyond 'good carbs' and 'bad carbs' to focus instead on 'well-timed carbs' that will allow readers to eat the foods they want as long as they are eating them at the right time. By controlling the levels of glycogen (carbs stored in our muscles) through this unique diet, and learning to exercise in the carb-burning zone (the secret to making workouts shorter and more effective) anyone can shed fat and build muscle - and it takes only 90 minutes of exercise a week.

作者介绍:

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