



Muscle Explosion: 28 Days to Maximum Mass

Nick Nilsson

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If you are part of the conventional wisdom crowd, take a very deep breath... with *Muscle Explosion* you're going to:

- Reduce caloric intake to well below maintenance levels and eliminate protein completely (in very specific ways for very specific purposes)
- Aim to overtrain
- Train the same body part five days in a row
- Perform the same exercise five days in a row

Muscle Explosion literally turns conventional muscle-building wisdom inside-out and upside down. By practicing the groundbreaking training and eating strategies in this book, you will SHATTER your genetic limitations by literally changing your physiology, quickly setting the stage for EXPLOSIVE increases in muscle mass and strength. Each cycle of this program lasts only 28 days and the workouts take less than an hour to complete. This book is for the intermediate to advanced trainer who is ready to DEMOLISH plateaus and achieve growth and strength increases previously thought unattainable.

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