



The Protocol: The Best Supplements for Building Muscle Mass, How to Use Them Why (Paperback)

By Arnold Sturtz

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Best selling Amazon author, 16-year professional Personal Trainer Men's Health Coach Arnold Sturtz on the Protocol: If you ever wanted a single text that cut out all the fluff and hype about how to build muscle with natural supplementation; wanted to get a lean, rock hard physique naturally; or wanted to know the most effective supplement regimen to add to your weight training or bodybuilding routine so as to put on the most muscle mass as quickly as possible without gaining body fat, then this book is exactly what you've been looking for: The Protocol: The Best Supplements for Building Muscle Mass, How to Use Them Why They Work! What the Protocol Does: The Protocol leverages macronutrients, micronutrients and natural substances to achieve our goal of increased muscle mass: we are manipulating our hormones and bodily systems - and therefore our musculature - into massively accelerated growth with food and strategically timed supplementation. Everyone that follows the Protocol diligently can expect to put on whatever amount of muscle mass they would put on during a 6...

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