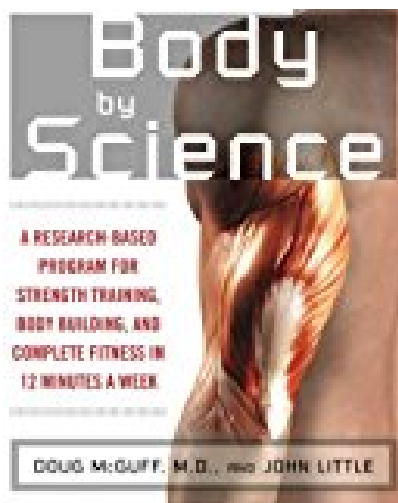


Body by Science A Research Based Program for Strength Training Body building and Complete Fitness in 12 Minutes a Week NTC Sports Fitness



BOOK DETAILS

- Author : John Little
- Pages : 304 Pages
- Publisher : McGraw-Hill Education
- Language : English
- ISBN : 0071597174



BOOK SYNOPSIS

Building muscle has never been faster or easier than with this revolutionary once--week training program In Body By Science, bodybuilding powerhouse John Little teams up with fitness medicine expert Dr. Doug McGuff to present a scientifically proven formula for maximizing muscle development in just 12 minutes a week. Backed by rigorous research, the authors prescribe a weekly high-intensity program for increasing strength, revving metabolism, and building muscle for a total fitness experience.

BODY BY SCIENCE A RESEARCH BASED PROGRAM FOR STRENGTH TRAINING BODY BUILDING AND COMPLETE FITNESS IN 12 MINUTES A WEEK NTC SPORTS FITNESS

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