

The Hardgainer's Body Building Handbook: Workouts, Nutrition, and Results

By Hugo Rivera

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The Hardgainer's Body Building Handbook: Workouts, Nutrition, and Results By Hugo Rivera

Pack on muscle mass quickly and get bigger and stronger now-—an essential guide for the everyday weight trainer.

Are you tired of working out with nothing to show for it? Are you pumping iron but not getting big? Then you are a hardgainer, someone who needs a special plan for building a superbly muscled, strong, lean, and healthy physique.

Now you can get big faster than you ever imagined with the secret techniques revealed in **The Hardgainers' Bodybuilding Handbook**.

The Hardgainers' Bodybuilding Handbook will reveal:

* The 10 laws of ultimate muscle growth.
* The best exercises for building muscle mass.
* Essential equipment for your home gym.
* How to use nutrition to build muscle without increasing body fat.
* The scoop on supplements, the truth about aerobics, and much more.

Containing detailed beginner, intermediate, and advanced workout routines; packed with information on diet, cooking, and nutrition; filled with training schedules, exercise plans and nutrition logs; **The Hardgainers' Bodybuilding Handbook** is a must for anyone who is serious about bulking up.

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Editorial Review

About the Author
HUGO RIVERA is an ISSA Certified Personal Trainer and fitness expert with ten years of bodybuilding experience. he resides in Clearwater, Florida. He is the coauthor of the hugely popular *Body Sculpting Bible* book series.

Users Review

From reader reviews:

Greta Harty:

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