



Workout: 80/20 Workout: The Simple Science To Gaining More Muscle By Training Less (Workout Routines, Workout Books, Workout Plan, Bodybuilding For ... Workout) (Bodybuilding Series) (Volume 6)

Felix Harder

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Want To Know How 80% Of Muscle Building Can Be Achieved Through Only 20% Effort?

Then You Want To Read This Book!

It shows you how much easier and less time consuming your workout and dieting routine can be if you simply **focus on a few critical exercises and diet strategies**. The value of the 80/20 Rule is to focus on the 20% in bodybuilding that really matters. Once you have identified these critical factors, you can expect faster than usual muscle growth and fat loss with just a few important exercises and a handful of simple diet strategies. These strategies have performed by bodybuilders for decades and are **scientifically proven to work**. *The 80/20 Workout covers the three most important aspects of bodybuilding:* - A workout plan that is proven to make you gain muscle and strength - Following a good diet with proper nutrition - Getting enough rest for recovery *Each Exercise In This Book Contains:* - step by step instructions on how to perform the exercise - a picture / illustration - details about the primary and secondary muscles involved - safety tips - and possible variations Avoid simply copying friends at the gym! This usually lead to injuries and long-term joint problems. To spare yourself such issues, you need to educate yourself on how to train correctly. I promise you that **if you follow the 80/20 workout, you will build muscle and lose fat more efficiently and with less effort**.

BONUS: Buy This Guide And You Get Free Access To My Video Program "Bodybuilding For Beginners" (Kindle Exclusive)

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