



7 Weeks to 10 Pounds of Muscle: The Complete Day-by-Day Program to Pack on Lean, Healthy Muscle Mass

Jason Warner

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BUILD MASSIVE MUSCLES

Follow the day-by-day plan in this book and you will finally achieve the body you've always wanted. Packed with clear charts and helpful photos, this book has everything you need to bulk up:

- Easy-to-follow workouts
- Step-by-step lifting instructions
- Meal plan for maximum muscle growth

The *7 Weeks to 10 Pounds of Muscle* program takes less than 2 hours per week and requires just three simple ingredients: a can-do spirit, a carefully crafted exercise routine and a solid nutritional regimen. Offering field-tested programs and delicious muscle-building recipes, *7 Weeks to 10 Pounds of Muscle* shows how quickly you can get strong and sculpted.



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