

If you want to build as much muscle as naturally possible... be able to bench press, squat, and deadlift gargantuan amounts of weight... and maintain a ripped, beach-ready physique year round... then you want to read this book. If you've been lifting weights for any period of time, you've probably wondered... What does it really take to make the jump from a good physique... from being kinda strong... from looking athletic... to having an outstanding looking, extraordinarily strong, ripped body that just makes people say WOW? You know... the type of body that makes people wonder if you're on steroids or just a genetic freak. The type of body that fills you with self-confidence and pride of achievement. The type of body that most of us guys dreamt of having before we ever touched a weight. Well, this book was written to show you exactly how to make it through the intermediate lifter phase smoothly, with an incredible physique to show for it, and then continue to make gains and enjoy your training as an advanced lifter. Furthermore, this is not an updated version or rehash of Bigger Leaner Stronger. It's a true sequel - it builds on the principles taught in Bigger Leaner Stronger and takes your knowledge to the next level. Here's a sneak peek of what you'll find inside Beyond Bigger Leaner Stronger... How to accurately pinpoint the weak points in your physique that, when corrected, dramatically improve your proportions and overall aesthetics The science of proper training periodization with a program specifically built for intermediate and advanced weightlifters Whole-body mobility routines that will not only help prevent injury, but improve performance as well

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