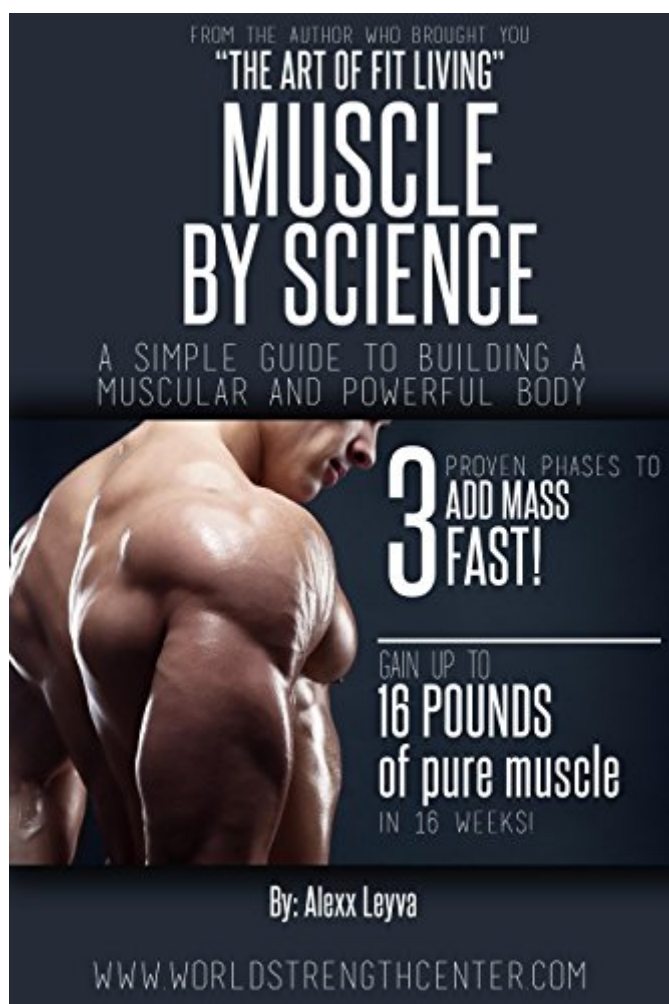


The book was found

Weight Training: Muscle By Science: Your Simple Guide To Building A Muscular And Powerful Body (Build Muscle, Get Stronger, Workout, Gain Mass, Build Size, Gym, Weight Lifting, Exercise, Fitness)





Synopsis

Build Maximum Muscle in Minimal Time There are 1,000's of weight lifting books on the market. Most of them make promises that they can't keep. In **Muscle by Science** you will learn why other programs fail and how YOU can succeed. You will finally understand the science behind building massive amounts of muscle. The author genuinely wants you to succeed! This book is the compilation of nearly a decades worth of experience and research, all in a simple, succinct, easy to read format. Breakthrough science can act like a fertilizer for your muscles when applied correctly. It's time to GROW!

Become Your Own Science Experiment **Muscle by Science** is different from other fitness books on the market in several ways. Instead of citing study after study and being too dense and long to finish, **Muscle by Science** is short and fun to read. It is designed to get your butt into the gym. It is designed to motivate and inspire while allowing you to learn from the actions you choose to take today. You will become your own science experiment.

Here Is A Preview Of What You'll Learn... How to lift weights in a way that forces your muscles to grow. How to feed your muscle the right way. How the fitness industry is destroying your progress. And so much more!! You can... Gain up to 16 pounds of pure muscle in 16 weeks! All While getting stronger day in and day out. The truth is... It is not your fault that you aren't as muscular as you'd like to be. It isn't your gene's fault either. Most training programs are built by steroid enhanced individuals who use incorrect "Bro Science". If you're tired of being the small guy in the gym and not getting results then this book is for you. **Muscle by Science** shows you exactly how to lift and eat in order to maximize muscle growth naturally! You will be so glad that you got this book. Implement the 3 mass building phases NOW and get ready for people to ask you how you got so huge! See you on the inside! Download your copy today!

What others are saying... "I have gained 7+ pounds of muscle in just two months. This might not sound impressive to others but I have never been able to gain a single pound in the past. This program is so good that I wish I knew about it sooner. It would have helped me save a lot of time and money." "I've read a ton of fitness books but this was the first one that I actually finished and stuck to. It's long enough to give you all that you need to know but short enough that you can get right in the gym quickly and start getting results. The program just makes sense, I feel bad for anyone who trains any other way." "Finally, a fitness book that isn't 300 pages long and takes 2 months to read. Short, powerful, and effective. I like it." "More muscle. More strength. Less time. I love it."

Book Information

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Customer Reviews

Leyva offers a pretty compact and clearly understood, i.e., easy to read, beginners guide to real lifting. Sadly, many people join a gym and follow the ridiculous advice given in popular fitness magazines. I did this for a couple decades with no real improvement and didn't really understand why. I now know why. Leyva begins the book by dispelling many of the pernicious myths surrounding fitness, particularly lifting, that the majority of people still believe. The next part of the book is basic nutrition, which is simply to eat whole foods, go light on the grains, and stop eating junk food. While a simple solution, it is something difficult in practice, but still something that is essential. Then comes the tried and true 5x5 workout. This is a basic workout that is known to yield amazing results for not just beginners, but intermediate athletes as well (which you aren't and are likely not to ever be). This is followed by more sound advice on what to do when you inevitably plateau. The good news is that your first plateau is pretty high up there, compared to where you are right now. He does make some pretty outrageous claims, like that he gained 45 pounds of muscle by using just the 5x5 workout and being natural (no steroids). Just so you know, this makes him a genetic freak, well to the far right of the bell curve, if true. Over the course of your life, even serious lifters who use steroids have problems gaining much more than 30 pounds of muscle. Most of the people who do make these incredible gains are in their 20's, i.e., people who are still growing, so

their weight gain is not just muscle or muscle that would have grown regardless of what was done (including sitting on the couch), even when they aren't putting on extra fat. You can expect solid strength gains, as well as solid muscle gains. Just be realistic and understand how extra-ordinary it would be if you did actually gain 45 pounds of muscle.

Alexx, I have read your book. It is informational, enlightening, and inspiring. I will definitely be trying out this program to see if it is effective for me. I stopped reading it midway to call my sister and suggest that she download it as well. I was that skinny kid in high school who graduated and started to grow. But now, I want to really put on mass. So, here's to a more fit life than I already lead. We'll see where you take me.

Having a sexy and healthy body is somewhat a good achievement for each person. But there are some people who want more, who want to gain more muscle more than our body require. This book is really great for individuals who wish and dream to have a solid masculine body. There are lots of instructions and advices given that will surely help you. It will help you enhance your muscles and will give you an outstanding figure.

This book is written well. The author really conveys his interest in helping you become fit. The tips and recommendations in here are great and motivational. This is a great book for everyone from the novice gym goer to the routine exerciser. Alexx does a good job at cutting through misconceptions of working out. I will review this book again and I highly recommend it to everyone with any desire to get more fit.

I would recommend this book to someone who is just getting in the gym or a veteran who is looking for something different in their workout routine. I did not dislike anything in this book, and it took me roughly 5 hours to read it. I knew most of the information being an Exercise Physiology major, but I did learn some stuff. I like Alexx's view on dieting, I follow that way myself. Alexx had some questionable ideas and statements but I was able to cross reference his ideas with others. I rated this a 5 star because it kept my attention throughout the entire book which deserves a 5 star in its self. I have never tried a full body workout in my 8 years of lifting, but I will give it a whirl beginning next week.

There is a lot I like about this book and workout. The workout; easy, can do them with a minimum of

equipment, short amount of time. I see and feel growth and strength increase in my 2nd and 3rd weeks so far. The book; simple, took about an hour or so to read, has a decently broad scope. Leyeve wasn't just focused on micro instructing you, he provides an overview that informs you about the status quo of your body, some science and the industry, ah science! Also true to his word he answers emailed questions, quickly! Watch out, this kid (no disrespect, Alexx) has a vision. And in it we all look good.

A good reference for those who are serious about the body building life style, I found that encourages the beginner, and stimulates the seasoned body builder, it does not just stuff a bunch of unrealistic fanatical goals in your face.

Was a very easy book to read. Very clear and full of great and valuable information. Workout is easy enough to do. I feel energized afterwards. Highly suggest this and Alexx was able to respond to any question I had (best part) and he is invested in his readers. Can't wait to read more by him.

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