



Strength and Physique: Training for the Busy Bodybuilder

James K. Chan

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Sometimes life gets in the way of your physique goals. Things like career and family black out whole sections of your calendar and before you know it, you're lamenting your soft and flabby muscles. "Strength and Physique: Training for the Busy Bodybuilder" shows you how to train for maximum muscle with minimal time in the gym. It is meant for the recreational bodybuilder who has a busy lifestyle, but wants to maintain a hard, muscular body. This book teaches you how to build and maintain the ultimate physique while living your life, pursuing other interests and attending to other responsibilities. You will still need to devote your mind and body in the gym. The training strategies in this book, however, will focus your drive and devotion so that there is no wasted effort.

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