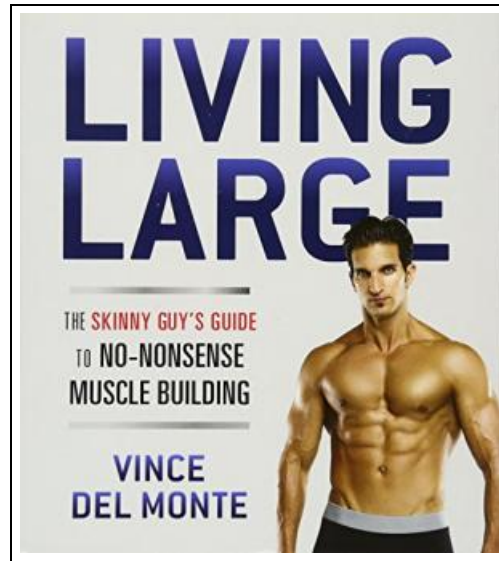


Living Large: The Skinny Guys Guide to No-Nonsense Muscle Building



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LIVING LARGE: THE SKINNY GUYS GUIDE TO NO-NONSENSE MUSCLE BUILDING



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BenBella Books. Paperback. Condition: New. 288 pages. Skinny guys! If youve ever wanted to easily pack 30 pounds of rock-solid, shredded muscle without dangerous bodybuilding drugs, expensive supplements, and long hours in the gym, then you must read this book. Lets face it: Youre tired. Tired of filling your body with bogus supplements that only give you the most expensive pee in town. Tired of busting your ass in the gym six days a week, only to find youre the same size you were last month and the other guys are twice as big. Tired of all the conflicting and mind-numbingly complex advice floating around in cyberspace. Before professional fitness model Vince Del Monte became The Skinny Guy Savior, he was known as Skinny Vinnyscrawny and weak. He experienced firsthand the challenges of bulking up as a hardgainer, someone who has a difficult time putting on muscle. But with his success in developing an enviably ripped physiqueand helping many others do the same with his No-Nonsense Muscle Building programDel Monte has proved even hardgainers can get big. You too can have the body of your dreams and put on muscle when you stop being misinformed and learn the truth of gaining weight and building lean muscle massthe right way! In Living Large, Del Monte shares his foolproof and no-nonsense plan for insane muscle gain. His revolutionary program primes your body and mind to pack on your first 30 pounds of muscle in only 30 weeks, with minimal gym time and virtually no fat. He even includes customized, easy-to-follow meal plans to optimally fuel your specific body type, whether youre ultra-skinny, skinny fat, or starting off a little chubby. In Living Large, youll find: The number-one secret to achieving constant and never-ending progress5 Always True training and nutrition principles 3 scientifically...



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