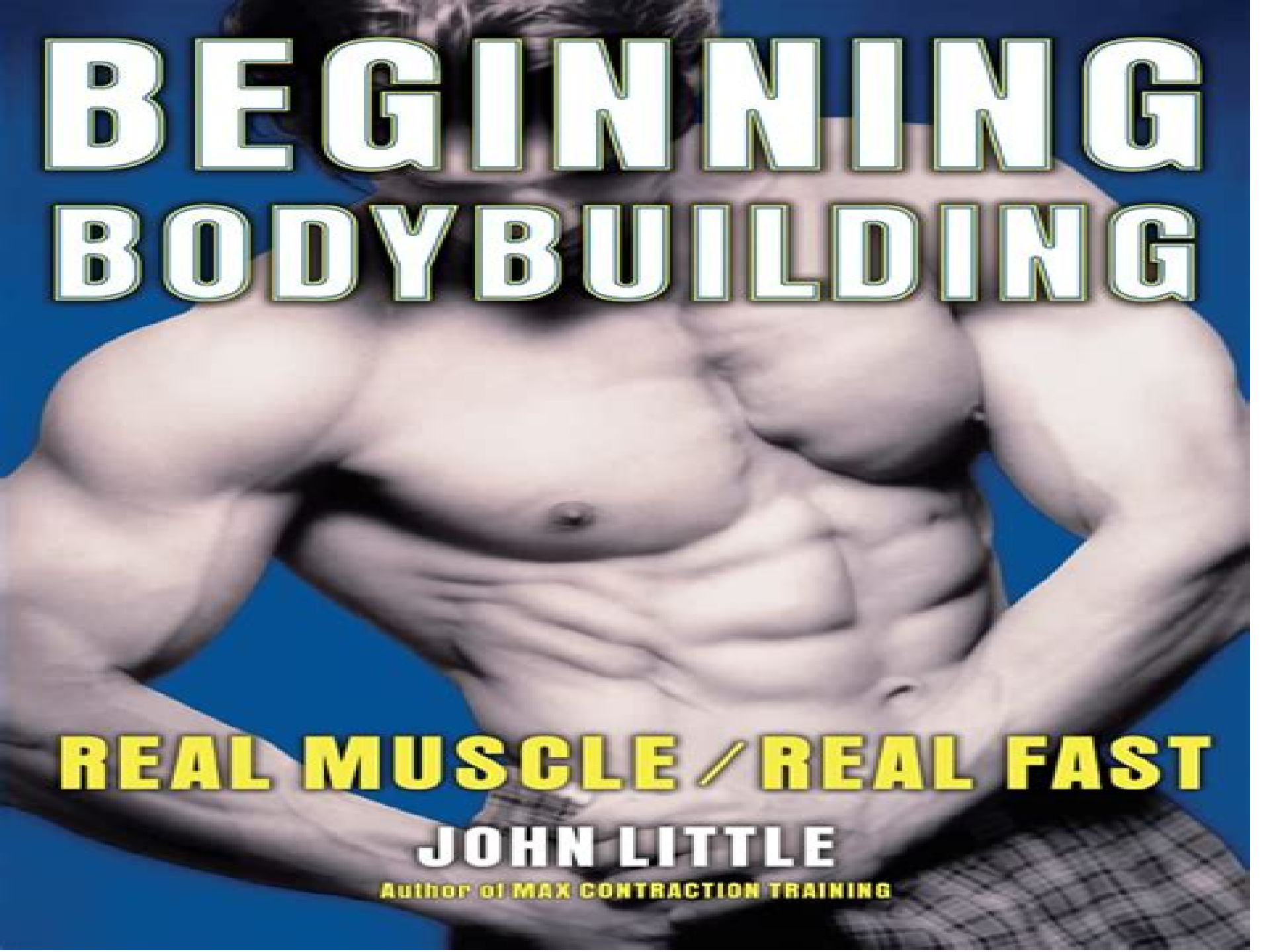


A photograph of a very muscular man, likely a bodybuilder, flexing his torso to show off his abdominal muscles. He is shirtless and has a very low body fat percentage, making his muscles very defined. The background is a solid blue color.

BEGINNING BODYBUILDING

REAL MUSCLE / REAL FAST

JOHN LITTLE

Author of MAX CONTRACTION TRAINING

Beginning Bodybuilding Real Musclereal Fast

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one eats Discipline and patience are definitely necessary However it must be repeated that even the best abdominal routine may not make the splashboard abs you re hoping to see if you have a slow metabolism But there are ways to quicken your metabolism such as 1 healthy snacking between meals 2 eating low glycemic index carbohydrates 3 aerobic or cardio exercises 4 drinking adequate water to stay perked up 5 lifting weights and 6 checking your food consumption If you re able to strengthen your abdominal muscles reduce your belly fat and use a proven program that s already proven its effectiveness with others your chances of developing those 6 pack abs is greatly increased End of Excerpt **Popular Mechanics**

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Are you ashamed of your body and want to see it change Do you want better definition more muscle and a toned physique Does bodybuilding appeal to you but you have no idea where to start Having the perfect body is a desire of millions of us The idea that we could have the best shape on the beach or by the pool is a huge draw as well as the envious glances of others and the attention we would get from admirers Of course getting a body like this takes a lot of hard work and days in the gym but the end result is worth it and will just a splash of commitment and some motivation you could quickly transform yourself This book *Bodybuilding 101 A Guide to Bodybuilding for Beginners* is ideal for anyone who has decided they want to change the way their body looks and get that sculpted shape with chapters that include The basic principles of bodybuilding The importance of diet and exercise Beginner mistakes that impede progress Developing good habits 6 top muscle building tips How to prevent injury Using a personal trainer Bodybuilding for females And more Even if you have never set foot inside a gym before but are certain that bodybuilding is for you *Bodybuilding 101* will help get you started and keep you motivated to succeed with all the training and diet info you need With it you can change the way your body looks for good The

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