



# **The Hardgainer's Body Building Handbook: Workouts, Nutrition, and Results**

*Hugo Rivera*

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# The Hardgainer's Body Building Handbook: Workouts, Nutrition, and Results

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**The Hardgainer's Body Building Handbook: Workouts, Nutrition, and Results** Hugo Rivera  
**Pack on muscle mass quickly and get bigger and stronger now—an essential guide for the everyday weight trainer.**

Are you tired of working out with nothing to show for it? Are you pumping iron but not getting big? Then you are a hardgainer, someone who needs a special plan for building a superbly muscled, strong, lean, and healthy physique.

Now you can get big faster than you ever imagined with the secret techniques revealed in **The Hardgainers' Bodybuilding Handbook**.

**The Hardgainers' Bodybuilding Handbook** will reveal:

- \* The 10 laws of ultimate muscle growth.
- \* The best exercises for building muscle mass.
- \* Essential equipment for your home gym.
- \* How to use nutrition to build muscle without increasing body fat.
- \* The scoop on supplements, the truth about aerobics, and much more.

Containing detailed beginner, intermediate, and advanced workout routines; packed with information on diet, cooking, and nutrition; filled with training schedules, exercise plans and nutrition logs; **The Hardgainers' Bodybuilding Handbook** is a must for anyone who is serious about bulking up.

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