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Edward Lord



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strength and gets you visibly leaner almost overnight Now you too can torch stubborn fat for up to 72 hours using a simple 24 second muscle activation trick that burns away more belly flab than if you ran 33 hours per week The Lean Body Manual Jon Pearlman,2017-11 In this revolutionary new approach Jon Pearlman outlines an all encompassing program to help you build the lean athletic body Drawing from his background as a top college tennis player at Harvard ATP ranked touring professional and fitness entrepreneur Jon has formulated the ultimate training guide for those aspiring to get lean and stay lean for life The Lean Body Manual outlines an effective training program of quick weight loss exercises and an easy to follow nutritional plan so you can get lean build muscle and get into the best shape of your life This is the only fitness book you will ever need if you re serious about leaning down getting shredded and keeping the weight off forever It s time to take your fitness nutrition confidence and life to the next level *How to Create a Great Body--A Complete Training System for Creating a Great-Looking Body and Improving All Aspects of Fitness* Edward Lord,2017 Divided into eight major parts How to Create a Great Body includes everything you need to create your best possible body It contains everything necessary not only to completely transform the way your body looks but also to improve every single key component of physical fitness Contents in Brief 8 professionally designed weight training programs for men designed for maximum muscle and strength 8 professionally designed weight training programs for women designed for maximum curves and functional strength 3 cardio training programs steady state training interval training and functional circuit training with progressable and interchangeable workouts Instructions on how to design your own functional circuit training workouts 2 power workouts 1 upper body and 1 lower body 1 plyometric workout whole body Bodyweight workouts for men and women 1 each Instructions on how to design your own bodyweight workouts 14 key static stretches for total body flexibility A comprehensive Weight Training Guide explaining everything you need to know about effective weight training A unique Target Muscle Guide revealing all of the main muscles that are activated by different types of exercise and listing all of the most effective exercises that target each major muscle A detailed Cardio Guide explaining everything you need to know about effective cardio training A lengthy Nutrition Guide covering everything you need to know about proper nutrition A short but useful Weight Loss Guide to give you extra help when if losing body fat is your priority A large glossary that includes many key terms concepts and principles related to muscle science weight training cardio fitness and nutrition The 8 weight training programs include a beginner program 5 increasingly difficult programs that cater for different levels of experience a plateau buster program designed to ensure that you never stop making progress a minimalistic program for busy individuals The weight training programs have been optimized for phones so you can take them to the gym if you have the ebook on your phone You can complete the weight training programs at any gym or at home if you have a bench dumbbells a pull up bar a barbell and a power rack for safety Clip resistance bands and ankle straps are also important for home training but not essential How to Use the Ebook to Transform Your Body Just read the guides that are relevant to you and then start the

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How The Book Works The first section human physiology introduces you to the wonder that is skeletal muscle and the mechanisms that underpin strength training s demands on the body It will help you understand how muscles work and grow and how the resistance work stimulates muscles to develop strength and size alongside its positive impacts on bones and connective tissue It also explains how the body powers muscular work and shows you how to calculate your own daily macronutrient requirements Lastly you re given an overview of the benefits to the brain and the crucial role it plays in attitude and mental health The second section strength exercises is devoted to a comprehensive collection of strength training exercises to perform along with many variations offered to compliment your available training equipment personal preferences and level of challenge at home or in the gym Each exercise displays the muscles being used throughout the movement with detailed instruction on how to achieve proper form and technique common mistakes are covered too The third section preventing injury explores common injuries related to resistance training with explanations on how to avoid them and how to return to training if you do suffer an injury A consistent and structured routine including a proper warm up prepares the body for work and the various mobility exercises

and stretches given will help you tune in to how your body is responding to the training The final section how to train outlines everything you need to know about the variables of effective strength training such as training volume and fatigue management Whether you want to build muscle strength or endurance you ll find an easy to follow program to suit as well as alternatives for those wanting to workout more often Then programs form the base of your training and can be adjusted in the months and years to come

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