

If you want to Build Muscle, Lose Fat and look like a Rugby Player without steroids, good genetics, or throwing precious time and hard-earned money down the drain at the gym...then read on. Weve all seen the fantastic physiques on show at the Rugby World Cup, Rugby League and Rugby Union - huge thighs, the big chest, wide back and bulging arms. But its the aesthetics - the whole body looks tight, compact, powerful, and yet not overly bulky or ripped. That is the type of physique that gets attention and if youre interested in creating that physique than i can help. This is a full 2 week training and diet manual that you simply follow and repeat. It is varied enough for you to keep using forever and to manipulate if you see fit. The book contains: 26 Chapters jammed full of training regimes and dietary plans 12 full muscle bulging workouts to manipulate to continually experiment with that trains the entire body twice over the 2 weeks All 2 weeks of diet and nutrition including protein shakes Laid out simply for at-a-glance if youre on the go at the gym or training at home. --Firstly... I keep things simple - no B.S rubbish about doing LESS training and eating LESS and how there is some SECRET holding you back. How did the bodybuilders in the 60s and 70s look so great? Training frequency and nutrition. How and what - thats the only secret. But youve probably been doing some of the things right but not all - thats where this book can help you. I focus on 3 simple cornerstones... --Training Frequency Dont worry you dont need to follow months of weird training routines - mine is two weeks - and repeat. A hard and heavy week one - followed by a lighter week two, but we still hit hard. Muscles are shocked into growth in week one and recover in week two. I lay out all the routines at-a-glance for quick checking on your phone or tablet while at the gym. --BodyFat Through the intensity of the workouts and the nutritional plan we are going to reduce your body fat. Why? Your Testosterone is utilized at its best when you have a lower body fat percentage. --Nutrition Nutrition is considered the most important part of building muscle. If the nutrition is incorrect then it doesnt matter how impeccable your training routines are, you will not progress. Im sure you have an idea about nutrition, but Im here to give your knowledge a little boost. Youve heard of high protein, carbohydrates and healthy fats? But what is the most effective foods to eat to get those essential nutrients. I include a days meal plan with every day of training. Finally... I also go into the tips for maximizing size including what supplements to use and when. I also go into tips for maximizing training intensity - Supersets and TUT. This is all about power and guts - its time to create that Rugby Player Body that you always wanted. Imagine you in a 3 months time and people complimenting you on how you look? Lets make a change and get started! No more wasted workouts - check out this 26 chapter rugby player workout training guide and get building size!

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