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Men'sHealth

Tap the NEW Science of Building Muscle!

PACK ON 15 POUNDS OF MUSCLE!



Shed Your Belly & Double Your Strength!

If you want to BULK UP FAST — whether you're a beginner or a longtime lifter — you need *The Men's Health Big Muscle Training Manual*, a step-by-step guidebook based on breakthrough science on muscle growth from top exercise physiologists and researchers in the nation.

Discover the fine art of muscle breakdown and repair that leads to superfast growth and bigger, fuller, harder muscles than you've ever achieved before. No other program builds a better road map for guiding you to the results you want in just a few weeks: lower body-fat percentage, more mass, and greater strength.

Follow this plan and you can expect to blast through plateaus and improve your max bench press, deadlift, biceps curls, and more!

In this guide, the editors at *Men's Health* show you how to:

BLAST YOUR CHEST AND ARMS!

Craft a bulletproof chest with 14 ways to build pec-popping muscles. Want the secret to bigger biceps? We have six arm exercises you've never seen. And with adjustable workouts and multiple plans, your body will always be challenged — and you'll NEVER, ever plateau.

FUEL YOUR MUSCLES!

Discover the nine essential muscle foods you need to shed fat and craft a ripped body! Pump up every meal with the perfect amount of protein to build maximum muscle. Plus get delicious recipes for muscle meals made easy, like the Big Breakfast Fry-Up or Linguine with Clams, or satisfy your late-night hunger with The Torta Dog. [Click here for more.](#)

The Mens Health Big Muscle Training Manual

Joel Weber, Mike Zimmerman



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