



Muscle Myths 50 Health Fitness Mistakes You Dont Know Youre Making The Build Healthy Muscle Series

By Michael Matthews

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 202 pages. Dimensions: 8.9in. x 5.9in. x 0.4in. If you've ever felt lost in the sea of contradictory training and diet advice out there and you just want to know once and for all what works and what doesn't--what's scientifically true and what's false--when it comes to building muscle and getting ripped, then you need to read this book. Let me ask you a question. Do any of the following claims sound familiar? I have bad genetics--I'm a hardgainer. You have to work your abs more to get a six-pack. When doing cardio, you want your heart rate in the fat burning zone. You have to do cardio for 20 minutes before your body starts burning fat. Don't eat at night if you want to lose weight. Steroids make you look great. I'm overweight because I have a slow metabolism. You've probably heard one or more of these statements before, and the sad truth is lies like these have ruined many people's fitness ambitions. There are many, many more. Thanks to the overwhelming amount of fitness pseudo-science and lies being pushed on us every day by bogus...



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