



Men's Health Huge in a Hurry: Get Bigger, Stronger, and Leaner in Record Time with the New Science of Strength Training (Men's Health (Rodale))

Chad Waterbury

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Men's Health Huge in a Hurry will add inches to your muscles and increase your strength, with noticeable results quickly, no matter how long you've been lifting. Author Chad Waterbury offers the most current neuromuscular science to debunk the fitness myths and conventional wisdom that may be wreaking havoc on your workouts and inhibiting your gains. Forget lifting moderate weights slowly for lots and lots of sets and reps. The best way to get huge in a hurry is to use heavy weights and lift them quickly for fewer repetitions. Waterbury's groundbreaking programs will enable you to:

- Add Mass and size. Gain as much as 16 pounds of muscle in 16 weeks--and add 1 full inch of upper arm circumference in half that time!

- Get stronger...fast! Even seasoned lifters can realize a 5 percent increase in strength in the first few weeks. And in 12 weeks, you can boost your overall strength by up to 38 percent.

- Build power and stamina. Increase your one-rep max in your core lifts by as much as 30 percent.

- Shed fat fast. Burn off up to 10 pounds of body fat, losing up to 2 pounds of fat per week.

With *Men's Health Huge in a Hurry*, you'll not only get bigger faster, you'll do it with less time wasted in the gym and with less post workout pain and a much lower injury risk.

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Robert Younger:

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