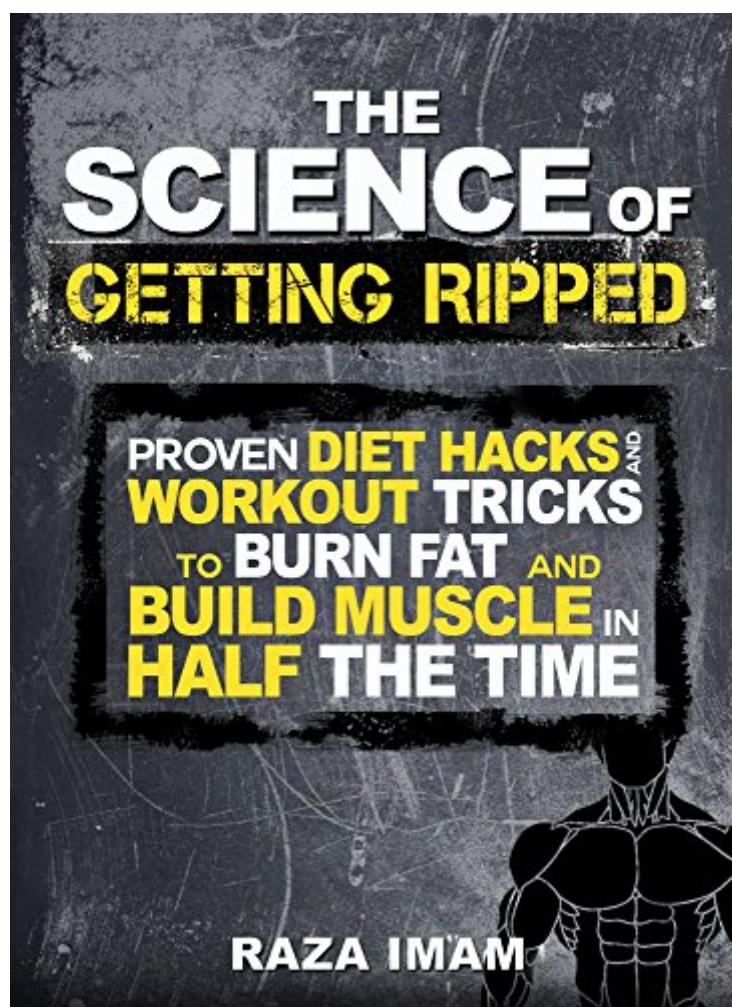


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# The Science Of Getting Ripped: Proven Diet Hacks And Workout Tricks To Burn Fat And Build Muscle In Half The Time



## Synopsis

#1 Best Selling Author in Men's Health, Weight Training, and Sports Training Categories on Here's How an Overworked Computer Engineer Accidentally Discovered the Little-Known 'Secrets' to Build Muscle and Lose FatI'd had enough of my unhealthy lifestyle | I didn't exercise | I had a two hour commute to my hospital IT job in Chicago | I had a wife and 2 kids (4 & 7)And most of the fitness advice I read was geared towards guys who had the time to workout 6 days a week.Â But after a LOT of research and trial and error, I finally figured out how to burn fat and build muscle while still maintaining my busy lifestyle. The result is "The Science of Getting Ripped" ThisÂ is myÂ step-by-step manual I created for busy guys that want to burn fat, build muscle, get stronger, and increase their athleticism and power. I share the secrets and tips that regular guys can use to get in incredible shape. This is not a typical "bodybuilding" book because it's geared towards regular guys with busy lives.Â Here's What You'll DiscoverHow aÂ little knownÂ nutrition trick slashes fat! (once you know this, you won't have trouble burning fat)The little used strategy that means you get stronger on ANY lift:Â (this is a common sense technique IÂ hardlyÂ ever see anyone do)Are you looking to lose belly fat?Â You're in luck... I'll show you a proven way to target your flabby belly... this is great for beer belly'sHow to get a six-pack and an incredible core with these under-utilized ab movementsImagine increasing strength and muscle growth week after week!Â Well now you can... this literally transforms your body in a matter of weeks... but surprisingly no one does itThe exact time it should take you to lower a rep (I guarantee most people are messing this up)The magic time frame each set should take for optimal growthÂ (are you going too fast?)Why training for too long is counter-productive and often aÂ barrier to muscle growth!Â (This little tip is the #1 tool to avoid plateaus)The one thing you MUST do to stimulate new muscle growth.Â (Simple to learn... and once you do... you won't have trouble putting on new muscle)What the TRUE muscle-building hormone is and how to ignite it every single workoutWhyÂ drasticÂ reductions in calories is counter-productive and damagesÂ long term weight lossBanish your cravings with this in your diet (never cave in to cravings again)How to SMASH through plateaus and sticking points:Â (this scientific principle you MUST incorporate in your workouts to help prevent plateaus)How to eat your favorite "junk" foods and STILL lose body fat: Finally discover how to eat your favorite foods likeÂ pasta,Â chocolate cake,Â hot dogs,Â pizza,Â ice cream,Â cup cakes,Â french toast, andcinnamon rollsÂ to HELP you build muscle while STILL dropping body fat! (This one mind-blowing tip shocks most people)How the "afterburn effect" helps you burn more calories while working out lessCan't make it to the gym?... No problem. Just do this simple "get ripped at home" workoutThe Mind-Blowing Testosterone and

Growth Hormone Boosting SecretsÂ (these powerful hormones literally burn fat, increase sex drive, and virtually turn back the hands of time causing you to look and feel youngerThe ONLY 3 supplements you will ever need (save your money... these are the only supplements you need... period!)

## **Book Information**

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## **Customer Reviews**

Raza Imam shares his life story with us with a fine sense of balance of humor and concern. He also maintains the current social trends by sharing with us his own selfies of how hunky he looks by following his own advice (consistent action will lead to confidence and a strong self-image. Then eventually, you, and those around you, will see results)!Raza outlines the intended audience for his book â “ â ^This is for the average guy who wants to lose fat and build muscle. Itâ ™s for the busy parent, the entrepreneur, the guy who wants to help others. He needs the physical strength to accomplish his goals, but also the discipline, fortitude, mental toughness, character, and self-respect to handle lifeâ ™s most difficult tasksâ ™ and â ^Focus on not only the physical benefits youâ ™ll get when you workout, but on the confidence and mental toughness you gain as

well?â™So where is he taking us on this new approach to getting ripped? â™This is my step-by-step manual I created for busy guys that want to burn fat, build muscle, get stronger, and increase their athleticism and power. I share the secrets and tips that regular guys can use to get in incredible shape. This is not a typical "bodybuilding" book because it's geared towards regular guys with busy lives.â™The information and demonstrations he offers are solid (in more ways then one!

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The Science of Getting Ripped: Proven Diet Hacks and Workout Tricks to Burn Fat and Build Muscle in Half the Time The Bodybuilding Cookbook: 100 Delicious Recipes To Build Muscle, Burn Fat And Save Time (The Build Muscle, Get Shredded, Muscle & Fat Loss Cookbook Series) Prepper's Hacks: 15 Outstanding Prepper's Hacks For Surviving Volcanic Eruptions (Prepper's Hacks, Preppers Hacks, Preppers Hacks books) CROSS TRAINING: No BS Complete WOD Guide to: Lose Weight, Build Muscle, & Get Ripped (Strength Training, Exercise and Fitness, Bodyweight, Home Workout, Fat Loss Book 1) Weight Training: Muscle by Science: Your Simple Guide to Building a Muscular and Powerful Body (Build Muscle, Get Stronger, Workout, Gain Mass, Build Size, Gym, Weight Lifting, Exercise, Fitness) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) Dukan Diet: The Truth About The Dukan Diet - All You Need To Know About The Dukan Diet For Effective Weight Loss And Fat Burn (Diet For Weight Loss, Low Carb Diet, Diet Recipes) Ketogenic Diet: 30 Day Ketogenic Rapid Fat Loss Anti Inflammatory Diet Plan (ketogenic diet, ketogenic diet for weight loss, ketogenic diet for beginners, ... diet, paleo diet, anti inflammatory diet) Intro to Paleo: Quick-Start Diet Guide to Burn Fat, Lose Weight, and Build Muscle If It Fits Your Macros: The Ultimate Guide to IIFYM Flexible Diet: Burn Fat, Gain Energy and Build Muscle, While Eating the Foods You Love (Eat Your Way Lean & Healthy) Target Keto: The Targeted Ketogenic Diet for Low Carb Athletes to Burn Fat Fast, Build Lean Muscle Mass and Increase Performance Low Carb Diet: Burn Fat! Discover Delicious Recipes! And Lose Weight FAST! (Gluten Free Diet, Candida, Atkins Diet, Celiac, Fibromyalgia, Diabetes, Cancer, ... Belly, Grain, Brain, Epilepsy, Belly Fat) CARDIO SUCKS: The Simple Science of Losing Fat Fast...Not Muscle (The Build Muscle, Get Lean, and Stay Healthy Series Book 4) How to Burn Belly Fat: 37 Fitness Model Secrets to Burn Belly Fat ( Abs, Ab Workouts, Healthy Living Tips) Running: Lose Weight, Burn Fat & Increase Metabolism: Weight Loss Motivation (Running, Walking, Burn Fat, Marathons, Marathon Training, Weight Loss Motivation) Intermittent Fasting and Feasting: Use Strategic Periods of Fasting and Feasting to Burn Fat Like a Beast, Build Muscle Like a Freak and Unleash Your Anabolic ... (Intermittent Fasting Bodybuilding Book 1) The Men's Fitness Exercise

Bible: 101 Best Workouts to Build Muscle, Burn Fat, and Sculpt Your Best Body Ever! Intermittent Fasting: 6 Intermittent Fasting Methods For Weight Loss, To Burn Fat, Build Muscle and Loose Weight By Eating Naturally. An Intermittent Fasting ... Loss, Intermittent Fasting For Weight Loss) Intermittent Fasting: Build Muscle, Burn Fat, and Lose Weight Fast with Intermittent Fasting Belly Fat: Blowout Belly Fat Clean Eating Guide to Lose Belly Fat Fast No Diet Healthy Eating (Eating Clean, Healthy Living, Gluten, Wheat Free, Low Fat, Grain Free Diet, Detox) (Live Fit Book 1)

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