



Understanding Body Building Nutrition & Training: Practical, Quick Reference, Answers to Common Bodybuilding Challenges

Chris Aceto

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This book is ideal for the non reader, the person who neither has the time no patience to sift through chapter after chapter looking for an author's main idea. Understanding Bodybuilding Nutrition and Training is a follow up to Aceto's Championship Bodybuilding. It contains, in a unique question and answer format, the answers to the most difficult to copenhend and often conflicting informatio on training, building mass, muscle recruitment, rep speed and nutrition. Here's what the author has to say regarding its format, "We learn and understand by asking questions. From the pre schooler to the University Scholar, the fundamental way to obtain new information and knowledge is by asking. I arranged this book in a simple 'Q and A' format to make it easy for the reader to get exact answers to questions regarding losing fat, holding muscle while dieting and building mass." The book also contains a dictionary of common bodybuildig terms, defining everything from lipolysis, to carbo loading to sarcomere- for the information buffs.

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