



# **Lean Dense Muscle and Strength: Simplifying the process of building dense muscle, gaining strength and getting lean**

*Samuel George Hare*

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If you've been looking for a research based book that will teach you how to effectively build natural dense muscle, gain strength and get lean using the most effective training and nutrition variables available, then you will want to read this book. This book is a complete training guide packed with huge amounts of information that will teach you how to get maximum results from your time in the gym. Even if your an advanced weightlifter you will still get a huge amount of value from this book. Here are a few things you can expect to find in this book..... How to effectively calculate your daily nutritional needs to meet your goals. The truth about clean and unclean foods, meal timing and frequency. The roles that protein, fat and carbohydrates play in the body. How to easily plan and prep meals. Learn the true researched science of achieving dense muscle growth with load progression. How to achieve 100% muscle fibre recruitment with each and every rep you perform. How to stimulate and target the muscle fibres with the most potential for growth. How to design the most optimal program for you as an individual. The only 3 supplements worth your money. Simple step by step guides on how to perform 7 compound lifts effectively for maximum results. Beginner and advanced training principles with example workout programs. How to build a home gym. This book doesn't contain any pyramid sets, drop sets, super sets or any other fancy sounding training methods. Buy this book now and learn exactly what it takes to build a lean strong dense muscular physique without steroids. Head over to my website [builddensemuscle.com](http://builddensemuscle.com) for a free chapter of the book, The Simple Science Of Building Dense Muscle.

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