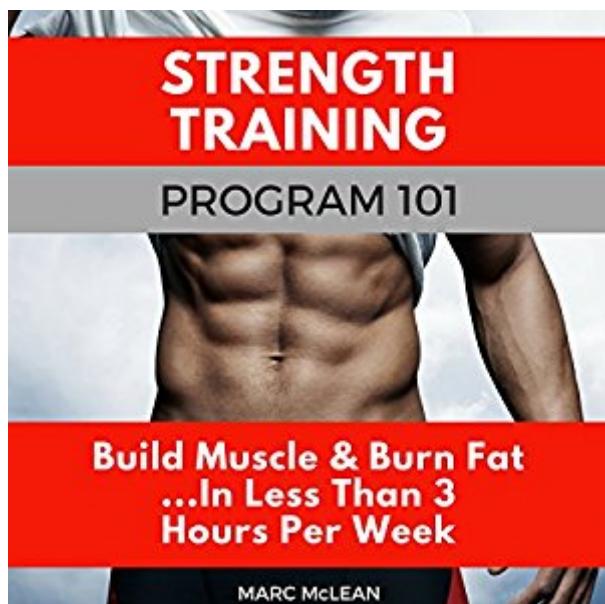


The book was found

Strength Training Program 101: Build Muscle & Burn Fat...in Less Than 3 Hours Per Week



Synopsis

You can get in the best shape of your life...training less than 3 hours per week. (Seriously). Struggling to build muscle, burn fat, or even stick with a healthy diet and fitness program for longer than a fortnight? Get bored with your training program after just a few weeks and end up back at square one? Get frustrated at looking in the mirror and seeing zero results? Just want a clear, effective strength training program that'll actually get you somewhere? It ain't surprising. There's so much conflicting advice in the health and fitness industry...and there's another new fitness fad every week. But sculpting a lean, athletic, awesome physique through strength training isn't as hard as you'd believe....and it also doesn't involve training five, six, seven days per week. In fact I don't recommend weight training for more than three hours per week. I'm Marc McLean, an online personal training and nutrition coach, fitness author, and owner of *Weight Training Is the Way*. With 18 years of strength training experience, I've pulled together the most effective exercises and training secrets. Best of all: They're here along with a simplified formula that allows you to easily create your own strength training programs. *Strength Training Program 101: Build Muscle & Burn Fat...in Less Than 3 Hours Per Week* is a master plan that'll help you become a stronger, healthier, better version of you. Best of all it's a straightforward guide for training and staying motivated that you won't get bored of and want to quit after a few weeks! In this audiobook you'll receive: The most effective exercises and most efficient ways to train for developing lean muscle while turning your body into a fat-burning machine. Clear instructions for every exercise on proper technique, muscles worked, and common mistakes to avoid. An awesome system for easily creating your own workout plans. Top strategies for staying motivated and making solid progress. Proven tactics for building a solid nutritional foundation to make the most of your gym efforts.

Book Information

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Customer Reviews

I found this book to be an excellent guide to strength training. The author goes through everything you will need to know and do to burn more fat and build better strength in your body. I really appreciate that this book emphasizes creating lean, athletic muscles that are strong but not overly bulky. As a woman, this is exactly what I am looking for. I want to keep my muscles long and lean while still being as strong as possible. Although the author stresses lean muscles, you will still need to lift weights that are quite heavy, so you will be building up your endurance and strength over time. Also, there is no cardio, so this may appeal to many people! The author also states that he works out only 3 hours per week, and still maintains these results. That is definitely a selling point! Each strength move included in the book has a description, and recommended sets and reps. There is even sample routines that you can either use as is, or adjust to make it fit your personal situation and desired results. This book will help you set goals for yourself as well as find the right routine long term. The author touches on healthy nutrition, and includes some helpful bonus material. Glad I picked this one up!

This book is extremely helpful to the beginner, like myself. It explained the many exercises that can be accomplished by using dumbbells as well as identifying the muscles affected. You can only keep doing the same exercises for so long and then your muscles start to adapt. This slows and halts growth. I highly recommend this book to those who want an effective body workout that really works.

Impressive! I love how this book simplified everything and clarified the purpose of strength training. There are easy to follow training programs that range from introductory to advance. The addition of easy instructions on how to do the exercises properly just makes this so much more informative. With this book, it seems there's little to no need for me to hire a personal trainer, it seems I can follow the programs and guidelines of the book and get results. Would love to recommend this book to my boyfriend!

I'm so glad I picked up this book! I was struggling months, trying to get my body into a perfect shape for summer. I made so much research and found some good and some bad tips, but it was

exhausting and I lost my motivation pretty fast. But with this book, I know exactly what to do and how to get the best results fast, with little effort and keep being motivated throughout the whole process! Strength Training Program 101 is worth more than gold!

I am one of those people who have a hard time bulking up. Always been smaller but this book looks to be what I need to stay focused on building strength and working out smarter.

Great information on strength training and what to do and what not to do in your exercise routine. I learned a lot in this book.

If body building is your choice this book is a good start. This book is very detailed and the information from this book are all very useful. Happy to have this book on hand to help myself find good fit for me for my daily workout.

I don't consider this really a book on strength training and more like a long pamphlet. I was expecting illustrations and more substance. I am returning it right away!!

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Strength Training Program 101: Build Muscle & Burn Fat...in Less Than 3 Hours Per Week Muscle Recovery: Tips for Faster Muscle Recovery, Growing Stronger Muscle and Overcoming Muscle Soreness (Muscle Growth, Muscle Soreness, Workout, Workout Recovery, Muscle Strength) Intermittent Fasting: How To Lose Weight, Burn Fat & Build Lean Muscle The Easy Way (Intermittent Fasting, Burn Fat, Build Lean Muscle, Lose Weight) The Bodybuilding Cookbook: 100 Delicious Recipes To Build Muscle, Burn Fat And Save Time (The Build Muscle, Get Shredded, Muscle & Fat Loss Cookbook Series) Bodybuilding: 48 Bodybuilding Secrets Proven To Help You Build Muscle, Build Strength And Build Mass In 30 Days Or Less (bodybuilding, fitness, strength training, bodybuilding training) Carb Cycling: Unleash Your Body's Maximal Potential to Burn Fat and Build Lean Muscle Mass While Staying Lean (Including Recipes, Carb Cycling Diet, Ketogenic ... Muscle While Burning Fat, Healthy Body) Cross Training WOD Bible: 555 Workouts from Beginner to Ballistic (Bodyweight Training, Kettlebell Workouts, Strength Training, Build Muscle, Fat Loss, Bodybuilding, Home Workout, Gymnastics) Build Muscle Without Weights: The Complete Book Of Dynamic Self Resistance Training Exercises (burn fat, abs, muscle building, exercise workout 7) Men's Health Ultimate Dumbbell Guide: More Than 21,000 Moves Designed to Build Muscle, Increase Strength, and Burn Fat Bodybuilding: The Straightforward Bodybuilding Diet Guide

to Build Muscle, Build Strength and Put On Mass Fast As Hell (Fitness, Bodybuilding Nutrition, ... diet books, weight loss, strength training) BELLY FAT: 40 EFFECTIVE HABITS to BURN BELLY FAT for A SLIM WAIST (Belly Fat, Fat Burning For Women, Weight Loss, Zero Belly Diet, Flat Belly Diet, Abs Diet, Waist Training Workout) (FIT BODY Book 1) Intermittent Fasting Hacks: How To Eat Whatever The F*ck You Want To Burn Fat, Get Lean and Look Phenomenal! (Burn Fat, Intermittent Fasting, Fat Loss, ... Fasting, Clean Eating, Bodybuilding) Moonlighting on the Internet: Make An Extra \$1000 Per Month in Just 5-10 Hours Per Week Puppy Training: How To Train a Puppy: A Step-by-Step Guide to Positive Puppy Training (Dog training, Puppy training, Puppy house training, Puppy training ... your dog, Puppy training books Book 3) Intermittent Fasting: Made Simple - How to Build Muscle and Burn Fat Faster with Less Effort using Intermittent Fasting (BONUS: 11 Little Known Weight ... 2 Diet, Fasting, Intermittent Fasting Diet) The Men's Fitness Exercise Bible: 101 Best Workouts to Build Muscle, Burn Fat, and Sculpt Your Best Body Ever! The Complete Strength Training Workout Program for Rugby: Increase power, speed, agility, and resistance through strength training and proper nutrition The Complete Strength Training Workout Program for Volleyball: Develop power, speed, agility, and resistance through strength training and proper nutrition How to Burn Belly Fat: 37 Fitness Model Secrets to Burn Belly Fat (Abs, Ab Workouts, Healthy Living Tips) 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)

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