



The Men's Health Hard Body Plan : The Ultimate 12-Week Program for Burning Fat and Building Muscle

Larry Keller, Lou Schuler

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BIGGER SHOULDERS! BULGING BICEPS! RIPPED ABS! A LEANER TORSO! STRONG LEGS!

Get the Body You Want in Just 12 Weeks-- Guaranteed!

For fast, effective results, look no further than *The Men's Health Hard-Body Plan* by Larry Keller and the Editors of Men's Health-- because you won't find this information anywhere else! Based on solid scientific research and exclusively developed by two leading exercise and nutrition gurus, *The Men's Health Hard-Body Plan* features:

* Three cutting-edge 12-week full-body muscle plans
Choose the level that's right for you and start pumping

* Revolutionary Quick-Set Paths to Power
Get fast results without spending half your life in the gym

* A sensible eating plan to keep you fueled
The Hard-Body Diet allows you to eat six times a day, so you'll never be hungry! It includes hearty recipes for every meal, plus dozens of snack suggestions and fast-food take-out options

Clear step-by-step instructions and accompanying photographs ensure that you'll have no trouble following the Hard-Body Plan. And a 3-week rotation of exercises means that you won't get bored, either. Easily customized to meet your specific goals, this plan is the ultimate guide to building bulk and shedding fat.

GOODBYE TO LOVE HANDLES AND SAY HELLO TO A BODY THAT WILL MAKE HEADS TURN!

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