

Download The Testosterone Advantage Plan Lose Weight Gain Muscle Boost Energy

The Testosterone Advantage Plan: Lose Weight, Gain Muscle, Boost Energy | Lou Schuler, Jeff Volek Ph.D., Michael Mejia, Adam Campbell | ISBN: 9780743237918 | Kostenloser Versand für alle Bücher mit Versand und Verkauf durch Amazon. In a nutshell, the Testosterone Advantage Plan will allow you to adjust your body composition in order to meet your personal goals. You may want to drop 10 pounds of fat from around your waist. Or you may want to gain 10 pounds of muscle on your arms, legs, and chest. Whatever your specific goals are, we think that we can help you achieve them in a way that's impossible to do with any of those one-size-fits-all diets. The Testosterone Advantage Plan: Lose Weight, Gain Muscle, Boost Energy Lou Schuler , Jeff Volek , Michael Mejia , Adam Campbell Touchstone , Jan 2, 2003 - Health & Fitness - 336 pages Eat like a man to look like a man. For years now, the so-called experts have told you to avoid the foods you love. That you're supposed to ditch the weight room and jog your way to maximum fitness.