



## Bodybuilding: The Hardgainer Transformation: Step By Step Program On Training, Cardio and Nutrition (Bodybuilding For Beginners, Bodybuilding ... Workouts) (Bodybuilding Series) (Volume 7)

By Felix Harder

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### Are You Having A Hard Time Gaining Weight, But Still Want To Put On Muscle?

### Then This Guide Is Perfect For You!

This book is devoted to the questions and needs of hardgainers. It contains everything you need to know in order to add strength and muscle, even as a hardcore "ectomorph". **Follow this guide and you will learn how to turn your hardgainer disadvantage into an advantage.** *Part 1 will show you exactly what exercises you need to build muscle as a hardgainer:* - What you need to know about Cardio as a Hardgainer - 3 different Workout Programs for Beginners, Intermediates, and Advanced Trainees - Each exercise includes picture and detailed explanation *Part 2 is all about Nutrition. It includes:* - 2 Hardgainer Meal Plans show you exactly what you need to eat (Normal and Vegetarian) - The Secret Weapons of a Hardgainer - 5 Tips To Help You Stay Consistent With Your Diet **No Fluff or Bro Science!** With this Guide you will build Muscle faster than ever!

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