



# **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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