



# Strength And Physique: The Articles

*James Chan*

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## **Strength And Physique: The Articles** James Chan

A comprehensive look at the training strategies and exercises used by bodybuilders to maximize size and strength. Some of the things you will learn in this book: - The concept of symmetry, why it is important and what exercises will help you achieve it. - The concept of training density, training decompression and how to alternate between the 2 for continuous maximum gains. - How to train to naturally maximize your hormones for size and muscularity: growth hormone, insulin, and testosterone. - Learn the 6 factors of maximum muscular hypertrophy. - Study the 5 battle-tested plans for size and strength. - Want to be strong and ripped? Chapter 15 goes over 7 workout strategies for the warrior body. All of this and much more! Order this book today.

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