



How to Gain Muscle The No Nonsense Way: Anyone Can Do It!

HN, Tony Xhudo MS

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You can build muscle using the basics of diet, supplements, and 35-45 minutes of exercise. There are no miracle pills, no steroids, no unmanageable plans with hours in the gym. Written by Tony Xhudo, M.S./H.N. Board Certified in Holistic Nutrition who specializes in Sports Nutrition. You will not be let down!

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