HOW TO LEAN BULK

@skiman.factual.fitness

IGNITION CRISIS

Pbtman.com/GNEEDHAM

- Chases having chiseled abs.
  - Neglects intensity in workouts.
  - Hitting 1x muscle groups per week.
  - Jaw super-set/IG selfie drop-set.
  - Not tracking macros or calories
  - "Rest days? That's for the weak!"
  - Is not patient enough to trust the process.
  - "I mean I'll lift heavy but I don't want to get too bulky!""
- Follow Ski? Is that his real name?

- Incorporates "cheat" meals into existing macros.
- Increases frequency in training muscle groups.
- Finds maintenance calories for accuracy and eats slightly above that.
- Submits PTO at work to go grocery shopping.
- Adds in 2-3 cardio sessions weekly.
- Follows @skiman.factual.fitness

Built Lean Workouts

RS Peters

Built Lean Workouts:

Uncover the mysteries within Explore with is enigmatic creation, Discover the Intrigue in **Built Lean Workouts** . This downloadable ebook, shrouded in suspense, is available in a PDF format (*). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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