

A close-up, high-contrast photograph of a man's muscular torso, specifically the chest and abdominal area. The man's skin is tanned, and his muscles are very defined. The background is dark with a faint, glowing hexagonal pattern. The text is overlaid on the image.

**Brad
SCHOENFELD**

LE PLAN DE
MUSCULATION
GÉNÉTIQUEMENT
INDIVIDUALISÉ

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MUSCLE PLAN 2.0

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rigorous nature of the M A X Muscle Plan program Further there are chapters devoted to providing cardio training guidelines and nutrition recommendations based on the latest scientific research that complement the M A X Muscle Plan program The second edition has been completely revamped to include updated science and research based evidence as well as 12 sidebars that break down specific topics and offer applied examples Two new chapters have also been added a chapter with detailed information on the M A X Muscle Plan warm up and a Q A chapter that provides answers to 13 common questions Schoenfeld has received since the first edition of the book Please note This book is not affiliated with Joe Wells Enterprises or MAX Muscle Sports Nutrition

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