



Building Muscle and Performance: A Program for Size, Strength & Speed

Nick Tumminello

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Every weekend warrior has two goals: compete successfully and look great doing it. Enter *Building Muscle & Performance: The Program for Strength, Size, and Speed* by expert trainer Nick Tumminello.

By combining the most effective approaches and exercises, Tumminello has developed a high-octane, high-efficiency system for building muscle and boosting performance. Step by step you'll learn the best exercises for increasing speed, explosiveness, athleticism, and endurance. Push yourself to the limits with strength and power lifts and progressions, power training drills, and cardio conditioning workouts. The results are challenging yet exhilarating. You will discover performance and physique that you never thought possible.

Building Muscle & Performance includes numerous exercises and ready-to-use programs. Detailed photo sequences depict every movement as well as variations to increase or decrease difficulty. You'll find expert advice, equipment tips, and safety precautions. More important, you'll find the results you've been looking for.

You no longer have to choose between a chiseled physique and athletic performance. *Building Muscle & Performance* delivers the best of both worlds: the muscle and the hustle!

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From reader reviews:

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A lot of people always spent their own free time to vacation or go to the outside with them household or their friend. Were you aware? Many a lot of people spent many people free time just watching TV, or perhaps playing video games all day long. If you would like try to find a new activity this is look different you can read some sort of book. It is really fun in your case. If you enjoy the book you read you can spent the entire day to reading a e-book. The book Building Muscle and Performance: A Program for Size, Strength & Speed it doesn't matter what good to read. There are a lot of those who recommended this book. These people were enjoying reading this book. In case you did not have enough space to create this book you can buy often the e-book. You can m0ore very easily to read this book from a smart phone. The price is not to fund but this book has high quality.

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