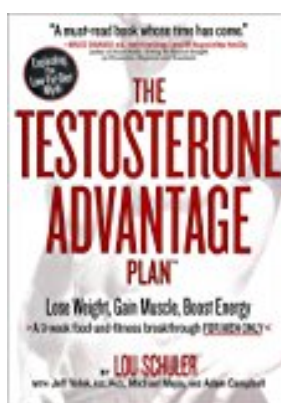


[PDF] The Testosterone Advantage Plan

Jeff Volek, Adam Campbell, Lou Schuler, Mike Mejia - pdf download free book



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Description:

Wide shoulders, narrow waist, thick chest, muscular arms and legs: today's male ideal physique is the same as that of ancient Greece. Aerobics and the Food Pyramid just won't yield that shape, argues Lou Schuler, certified strength-and-conditioning specialist and fitness director of *Men's Health* magazine. For weight loss and the Greek physique, he proposes the "T" (testosterone) plan: weightlifting and a diet of 33 percent each carbs (mostly low-glycemic-index), fat (the "good" kind), and protein; no alcohol; and minimal sweets and processed food. The book includes a meal planner, grocery list, and recipes. A 100-page, clearly illustrated weightlifting program progresses from

circuit training to bodybuilding to power lifting, with both home and gym exercises.

This research-based program was tested on 16 willing, hefty guys. After nine weeks, they lost an average of 18 pounds, dropped waist inches, gained strength and energy, and improved their sex lives. The book includes before-and-after photos and quotes from the happy campers.

Schuler's man-to-man style is clear, direct, and witty ("one gorilla wearing a stringy tank in July is all it takes to leave a bench soaked in ectoplasm"). *The Testosterone Advantage Plan* is recommended for men willing to commit to a rigorous lifting program to achieve their ideal physique. --Joan Price

From Library Journal

If you can plow your way past the chest thumping here, you'll find that this nine-week plan for men is actually a Mediterranean diet, modified with increased animal protein and low glycemic carbohydrates on a three-meal, two-snack daily eating plan, combined with strength training. Lacking are recently revised guidelines on lower triglyceride levels, saturated fat percentages, and increased daily total fat allowances. The authors also slam programs recommending aerobics for weight loss when most, in fact, have been emphasizing strength training for many years. However, more than 100 pages of well-illustrated exercises at three levels are included, as are sample menus and shopping lists. Definitely a guy's guide, from contributors to Men's Health magazine.

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