



Man's Guide to Muscle and Strength, A

Stephen Cabral

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Your demands are simple enough. You want a straightforward, no-nonsense strength and conditioning program that fits into your schedule and results in a healthy, lean, and defined physique that will get you noticed. You're willing to put in the work, but you want to see results. Now you can.

In *A Man's Guide to Muscle and Strength*, renowned personal trainer Stephen Cabral provides you with proven, step-by-step programs that will transform your body. Choose from nine six-week programs designed to increase strength, power, agility, muscle mass, and total-body conditioning. Best of all, each program can be customized to fit your schedule, your life, and your goals.

Work out at home or in the gym with over 140 of the most effective strength building and body shaping exercises. Packed with detailed instruction, more than over 300 technique photos, equipment variations, safety considerations, and the latest nutrition advice, *A Man's Guide to Muscle and Strength* provides you with everything that you need to sculpt the physique you've always desired.

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