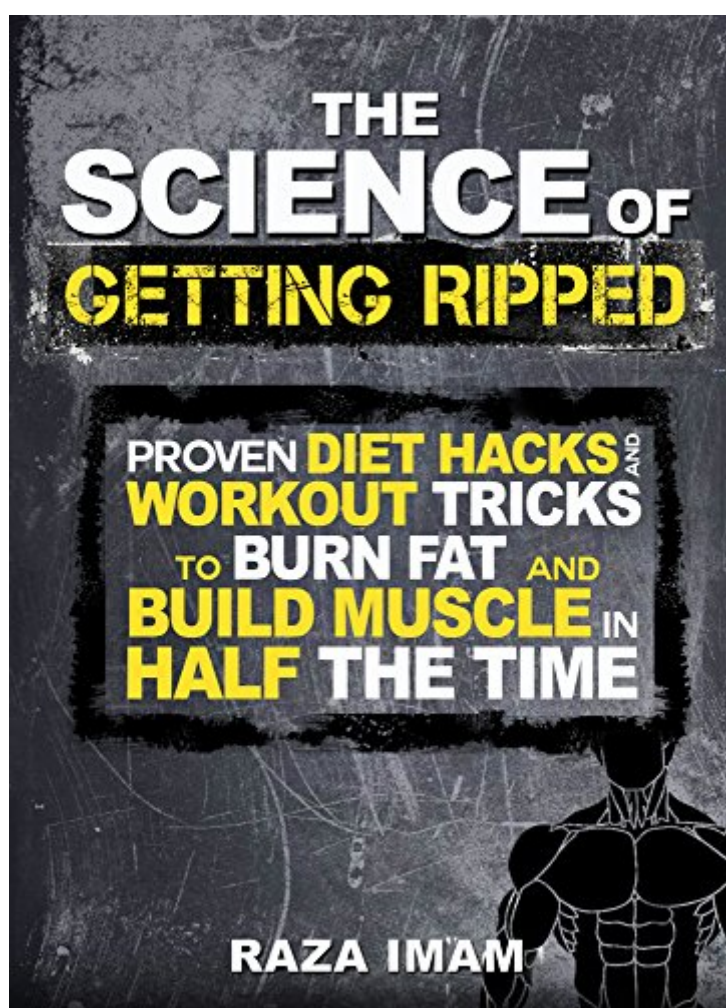


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# The Science Of Getting Ripped: Proven Diet Hacks And Workout Tricks To Burn Fat And Build Muscle In Half The Time



## Synopsis

#1 Best Selling Author in Men's Health, Weight Training, and Sports Training Categories on Amazon  
Here's How an Overworked Computer Engineer Accidentally Discovered the Little-Known 'Secrets' to Build Muscle and Lose Fat!  
I didn't exercise | I had a two hour commute to my hospital IT job in Chicago | I had a wife and 2 kids (4 & 7) And most of the fitness advice I read was geared towards guys who had the time to workout 6 days a week. But after a LOT of research and trial and error, I finally figured out how to burn fat and build muscle while still maintaining my busy lifestyle. The result is "The Science of Getting Ripped" This is my step-by-step manual I created for busy guys that want to burn fat, build muscle, get stronger, and increase their athleticism and power. I share the secrets and tips that regular guys can use to get in incredible shape. This is not a typical "bodybuilding" book because it's geared towards regular guys with busy lives.  
Here's What You'll Discover  
How a little known nutrition trick slashes fat! (once you know this, you won't have trouble burning fat)  
The little used strategy that means you get stronger on ANY lift! (this is a common sense technique I hardly ever see anyone do)  
Are you looking to lose belly fat? You're in luck... I'll show you a proven way to target your flabby belly... this is great for beer belly's  
How to get a six-pack and an incredible core with these under-utilized ab movements  
Imagine increasing strength and muscle growth week after week!  
Well now you can... this literally transforms your body in a matter of weeks... but surprisingly no one does it  
The exact time it should take you to lower a rep (I guarantee most people are messing this up)  
The magic time frame each set should take for optimal growth (are you going too fast?)  
Why training for too long is counter-productive and often a barrier to muscle growth!  
(This little tip is the #1 tool to avoid plateaus)  
The one thing you MUST do to stimulate new muscle growth. (Simple to learn... and once you do... you won't have trouble putting on new muscle)  
What the TRUE muscle-building hormone is and how to ignite it every single workout  
Why a drastic reductions in calories is counter-productive and damages a long term weight loss  
Banish your cravings with this in your diet (never cave in to cravings again)  
How to SMASH through plateaus and sticking points! (this scientific principle you MUST incorporate in your workouts to help prevent plateaus)  
How to eat your favorite "junk" foods and STILL lose body fat: Finally discover how to eat your favorite foods like pasta, chocolate cake, hot dogs, pizza, ice cream, cup cakes, french toast, and cinnamon rolls to HELP you build muscle while STILL dropping body fat! (This one mind-blowing tip shocks most people)  
How the "afterburn effect" helps you burn more calories while working out less  
Can't make it

to the gym?... No problem. Just do this simple "get ripped at home" workout

**The Mind-Blowing Testosterone and Growth Hormone Boosting Secrets** (these powerful hormones literally burn fat, increase sex drive, and virtually turn back the hands of time causing you to look and feel younger

**The ONLY 3 supplements you will ever need** (save your money... these are the only supplements you need... period!)

## Book Information

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## Customer Reviews

Raza Imam shares his life story with us with a fine sense of balance of humor and concern. He also maintains the current social trends by sharing with us his own selfies of how hunky he looks by following his own advice (consistent action will lead to confidence and a strong self-image. Then eventually, you, and those around you, will see results)! Raza outlines the intended audience for his book *Get Ripped at Home* - This is for the average guy who wants to lose fat and build muscle. It's for the busy parent, the entrepreneur, the guy who wants to help others. He needs the physical strength to accomplish his goals, but also the discipline, fortitude, mental toughness, character, and self-respect to handle life's most difficult

tasks. And he focuses on not only the physical benefits you'll get when you workout, but on the confidence and mental toughness you gain as well. So where is he taking us on this new approach to getting ripped? This is my step-by-step manual I created for busy guys that want to burn fat, build muscle, get stronger, and increase their athleticism and power. I share the secrets and tips that regular guys can use to get in incredible shape. This is not a typical "bodybuilding" book because it's geared towards regular guys with busy lives. The information and demonstrations he offers are solid (in more ways than one!): How to build a functionally strong body that looks amazing - "show muscle and go muscle, The fastest, most efficient way to get lean and incredibly strong; I'll show you how to gain mass if that's what you want, but the quick workouts will have you in great shape with a minimal time investment, Easy to follow workouts that you can do either at home or in the gym, How to tweak your workouts to burn fat or build muscle, using the exact same exercises. My goal is to get you noticeable results in the next 15 days so that you're motivated to continue. And he adds quotes throughout "It takes 4 weeks to see a change in your body. It takes 8 weeks for others to see it. It takes 12 weeks for the world to see it". This is a well-researched book, full of physiological facts, sound advice about all aspects of health, and a fine program for actually getting ripped. This little book moves to the top of the line for busy people who want to stay ripped despite little time to concentrate on that goal. Highly Recommended. Grady Harp, March 16

Just finished Raza's the Science of Getting Ripped. Friggin awesome. It's definitely the SCIENCE of getting ripped. Tons of detailed studies and proof about what works and what doesn't. Yet, somehow, the book is very easy to read. It's perfect mixture of big words (Myofibrillar Hypertrophy and dicyandiamide) and easy-to-understand logic. I'm pretty much a beginner, this book was perfect for me. I don't know a thing about any of this stuff, but I learned a ton!

I have worked out for the majority of my life and never had to worry about my diet. Then I hit my thirties....With that being said, I never really understood how, what and when to eat to stay lean. I understand now. Thanks to this book!

Raza has delivered a well organized and thought out blueprint for the average guy to lose weight

and build muscle. He's done a great job putting together a program that makes a complete package. It covers everything from common mistakes to supplementation and how to progress training. From warm up to deload, everything's in there.

Very good information and written simple so anyone can understand! Very helpful for newbies but also for novice athletes! A must have in your bookshelf!

great info

A lot of this was a review for me, but it was kept simple and to the point. I took away some good tips and there are very good workouts to follow. It's worth it.

No wasted time in this book, I read it in one sitting. I particularly like the bullet list of top five macro nutrients.

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Body: Building a Rugby Player Physique, The Rugby Player Workout, Hardcore Workout Plan, Diet Plan with Nutritional Values, Build Quality Muscle Dukan Diet: The Truth About The Dukan Diet - All You Need To Know About The Dukan Diet For Effective Weight Loss And Fat Burn (Diet For Weight Loss, Low Carb Diet, Diet Recipes) Paleo Diet for Beginners: The Ultimate Paleo Diet Guide for Weight Loss (Paleo Diet Cookbook, Paleo Diet Recipes, Paleo Diet for Beginners, Rapid Weight Loss, Paleo Diet Meal Plan, Burn Fat) DUKAN DIET: Lose Weight FAST And Lose Weight FOREVER: Four Phase Plan (Fat Burning Diet, Weight Loss Motivation, Burn Fat, Diet Plan, Weight Loss Plan, Dukan, Belly Fat) Walking: Weight Loss Motivation: Lose Weight, Burn Fat & Increase Metabolism (Walking, Walking to Lose Weight, Walking For Weight Loss, Workout Plan, Burn Fat, Lose Weight) Fitness Nutrition: The Ultimate Fitness Guide: Health, Fitness, Nutrition and Muscle Building - Lose Weight and Build Lean Muscle (Carbs, Protein, Muscle ... Workout Nutrition, Nutrition For Athletes) The 10 Day Ketogenic Cleanse: The Metabolism Booster Your Body Needs To Burn Fats (keto diet, high fat diet, ketogenic diet for weight loss, fat loss, ketogenic, ketogenic, ketogenic diet) Intermittent Fasting: Made Simple - How to Build Muscle and Burn Fat Faster with Less Effort using Intermittent Fasting (BONUS: 11 Little Known Weight ... 2 Diet, Fasting, Intermittent Fasting Diet) Intermittent Fasting: 7 Beginner's Intermittent Fasting Methods for Women & Men - Weight loss and Build Lean Muscle Hacks (Intermittent Fasting, Fasting Methods, Build Lean Muscle Book 1) Get Ripped Abs: A Comprehensive Guide to the Best Way to Get Ripped Fast! Be a Sexy Beast by Summer! (Bodybuilding, Ab Workouts, How to loose belly fat, How to get abs)

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