



Lean and Hard: The Body You've Always Wanted in Just 24 Workouts

By Mackie Shilstone

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Mackie Shilstone is an expert in getting world-class professional athletes as well as ordinary people into peak shape in record time, helping them tone their bodies and maximize lean muscle. Now Shilstone lays out his time-tested, medically sound strategies for building lean muscle with his ""work out smarter, not harder"" plan for training rotation, nutrition, and state-of-the-art supplements.

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Editorial Review

From Publishers Weekly

Shilstone (*The Fat Burning Bible*) uses science to design a program that creates lean muscle. Though women will find useful information here, men seem to be the main audience for this book, that is men serious enough about their hard body to endure a regimen of supplements, a strict meal plan and several weeks of high-intensity workouts. Students of fitness science will have the chance to learn all about things like "Positive Nitrogen Balance," "The Anabolic State" and the "Lactic Acid System." Formulas are provided to calculate recommended daily calories, target heart rate during workouts and current muscle-to-fat percentage. Exercises and stretches come with pictures and drawings to demonstrate, and a daily exercise checklist and food journal demand accountability. The fact that Shilstone can take credit for the athletic bodes of heavyweight champion Michael Spinks, NBA star Manute Bol and baseball legend Brett Butler proves his techniques are sound. But his writing doesn't serve to entertain, and his textbooklike tone makes reading a chore. (Mar.)

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Review

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From the Inside Flap

What do you and boxing champions like Bernard Hopkins have in common? Like Hopkins, you have the ability to achieve a lean, hard, well-sculpted body in just six weeks with Mackie Shilstone's proven Lean and Hard Program.

Fitness guru Mackie Shilstone is an expert at getting world-class professional athletes, top-level business figures, and other celebrities—as well as ordinary people like us—into peak shape in record time. In *Lean and Hard*, Mackie shares his proven, all-new strategies for building lean muscle. Mackie's "work out smarter, not harder" plan—four high-intensity workouts per week combined with a high-performance nutrition program and expert recommendations for state-of-the-art supplements—will help you build a new body in just 24 workouts.

Whether you're a pro or an amateur about working out, Mackie's program is so clear and accessible that anyone can follow it with success. In this book, Mackie provides you with a simple and safe plan that will really make a difference to your workout and your health. Mackie answers all your questions about effective nutrition for high performance, such as concerns about how much protein you really need and how many

calories you should consume with a high-performance workout to make sure you are building muscle, not losing it, as well as describing the benefits of performance-enhancing nutritional supplements. He also reveals key information about:

- Proper hydration before, during, and after high-intensity exercise
- The importance of rest to make your body stronger
- His unique system of alternating resistance exercises with running
- Your body's energy and hormonal systems and how to make them more efficient
- Which supplements to take—and when—to maximize your muscle-building program
- How to use your diet to enhance your workout
- High-performance nutrition beverages and the most beneficial times to take them

If you're willing to make a commitment to just 24 high-intensity workouts, you too can achieve what you once thought was unachievable: a buff, lean, and chiseled body. *Lean and Hard* is the ultimate strength-building workout to build the powerful muscular physique you always dreamed of having.

Users Review

From reader reviews:

Ann Bland:

Information is provisions for people to get better life, information today can get by anyone with everywhere. The information can be a information or any news even restricted. What people must be consider whenever those information which is in the former life are challenging to be find than now could be taking seriously which one is suitable to believe or which one the actual resource are convinced. If you obtain the unstable resource then you buy it as your main information it will have huge disadvantage for you. All of those possibilities will not happen in you if you take *Lean and Hard: The Body Youve Always Wanted in Just 24 Workouts* as the daily resource information.

Jarred Chisolm:

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Nathan Hutchison:

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