



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

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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