



Keto Bodybuilding: Build Lean Muscle and Burn Fat at the Same Time by Eating a Low Carb Ketogenic Bodybuilding Diet and Get the Physique of a Greek God

Siim Land

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Do the Impossible - Build Muscle and Burn Fat at the Same Time! The ultimate goal of every bodybuilder and fitness enthusiast is to carve their body into an aesthetic sculpture that of a Greek god. The keto diet is known for it's rapid weight loss effects. For burning fat, it's superior to any other diet out there. However... Can You Build Muscle on a Keto Diet? Well, the answer to that is an astounding YES! On the ketogenic diet you can use different strategies and training modalities to force your body to build PURE lean muscle mass, without getting too fat. You don't have to bulk up for 6 months and then starve yourself during your cutting period to get ripped and muscular. Keto Bodybuilding will not only optimize your training but will also improve your health. It's the most sustainable way of eating for the individual who wants to stay low carb while still make some massive gains. This book can show you how to do it. Keto Bodybuilding teaches you how to:

- Start a ketogenic diet to improve your health.
- Burn all excess body fat down to single digits and stay there year-round.
- Build some impressive lean muscle mass and strength without getting fat in the process.
- Train appropriately for any physique goal while on a low carb diet.
- Get ox strong and turn your body into a conditioned weapon of finesse.
- Activate the most powerful anabolic hormones within your body.
- Trigger your inner Superhuman switch and become Supersayian.
- Deliberately manipulate your genes and metabolism to shape your body.
- Improve your longevity and increase your life-span, so that you can be muscular at an old age as well.
- Not feel deprived or have low levels of energy.
- Reclaim your throne of greatness and start enjoying life a lot more.

The seemingly impossible is actually possible. As contradicting as it might sound right now, you can build lean muscle and burn fat. Siim Land, the author, is a modern day Renaissance man, a hunter-gatherer, an author, a holistic health practitioner and a bodybuilder. He has been in ketosis since May 2015 and has researched the topic thoroughly. After having learnt how to optimize it with his strength training, he has managed to get stronger, build muscle and burn fat. He's a fat burning beast and an animal at the gym. Doing ketogenic bodybuilding is an effective long-term strategy to reach your biological potential and live a healthy lifestyle at the same time. This book is what you've probably been searching for during your entire fitness journey.

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Audrey Spence:

This Keto Bodybuilding: Build Lean Muscle and Burn Fat at the Same Time by Eating a Low Carb

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