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DUMBBELL PRESSES Ben Pakulski -  
Mi40x Ben Pakulski Workout! ~~Muscle  
Intelligence Training Logic MI40  
Foundation Program Listen, observe,  
\u0026 apply with Ben Pakulski Back  
Workout With Ben Pakulski At MI40  
Gym MI40 Xtreme Program FREE~~

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Sample Extreme Workouts with Ben  
Pakulski (Cell Expansion Protocol) Ben  
Pakulski MI40 University Pre-Workout  
NUTRITION ~~Colossal Calf Training |~~  
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Workout Tricks for Muscle Growth | MI40  
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~~Leg Training with MI40 Nation Members~~

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~~Ben Pakulski's Best Tips for Building  
Legs~~ IFBB PRO Ben Pakulski TRAINS  
SHOULDERS Creating a Program to  
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~~Build a Huge Chest | IFBB Pro  
Bodybuilder Ben Pakulski Shows How to~~

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Chest Muscle

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Ben Pakulski How To Train Rear Delts

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Ben Pakulski Program Design to Gain Muscle (UNIQUE APPROACH) MI40X - MI40X 2.0 Xtreme Ben Pakulski Extreme



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Review Ben Pakulski's Two Best Tips for Back Training ~~Ben Pakulski Mi40 Review~~  
~~Does Pakmans Mi40 muscle building program work?~~ Ben Pakulski Joe Bennett Arm Workout (BIG ARMS) Band Training for Growth | MI40 University - Ben Pakulski Mi40x Ben Pakulski Ben Pakulski | Creator of the #1 ... MI40x.

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4-Minute "Hyper-Growth" Trick Adds 4 Pounds Of Ripped Muscle Every 11 DAYS Using Your Body Fat As Muscle Fuel! view program. MI40 Nation. Private members site with exclusive access to me and my network of cutting edge muscle building enthusiasts and experts. Join Today! view membership. Hypertrophy

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Max. Add yourself to the early bird notification ...

Ben Pakulski | Creator of the #1 Muscle Building Program MI40

I am not new to Ben Pakulski's training style or his methodologies, but nothing could have prepared me for MI40X. The

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system was grounded in the basic principles introduced in the original MI40, but the intensity was kicked up to an unforeseen level. The physical and mental toll it took on me were unparalleled, and so were the gains! The program starts out in traditional MI40 fashion, with ...

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Cell Expansion Protocol - MI40-X  
MI40 Nation is the home of all things  
MI40 and Ben Pakulski. If you're looking  
to transform your physique in record time,  
you're in the right place! Our Passion is  
YOUR success! Log-in to access your  
products and / or membership benefits. Or  
scroll down to see our product line to get

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started today on the path to a better body  
and a ...

Welcome - Mi40 Nation - Ben Pakulski  
MI40X system was created by Ben  
Pakulski. Nicknamed "Pak-Man", Ben is a  
well-respected figure in the fitness  
industry and a professional IFBB

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bodybuilder, who appeared on the cover of many magazines: MuscleMag, Flex, Bodybuilding, Muscular Development, etc. From an early age Ben devoted his life to athletics.

**MI40X System By Ben Pakulski - Special  
\$30 Off Today Only!**

*Page 15/87*

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Ben Pakulski (IFBB Pro Bodybuilder) has outdone himself this time. MI40X is different to other programs because of its unique Cell Expansion Protocol Training (CEP) and Interset Stretching (more advanced than it sounds). These new techniques were invented by Ben and helped him to get to where he is today ☐ on



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the cover of Flex magazine and more.

Ben Pakulski's MI40X Review - Sports  
Science .co

MI40x is an extreme protocol designed by  
PRO bodybuilder Ben Pakulski for  
maximum muscle gains in the shortest  
possible time. This review will show you

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who this program is for, what the benefits, pros and cons are, how the Cell Expansion Protocol works and how effective it is. It will also outline the crucial difference between mi40 and mi40x.

MI40X Review - Is Ben Pakulski's Hypertrophy Plan For ...

*Page 18/87*

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Ben Pakulski Mi40 Internship Weekend \$ 3,500.00 - \$ 5,000.00. Select options

Details. Custom 4 Week Workout Plan

Rated 5.00 out of 5 \$ 699.00. Add to cart

Details. Out of stock . MI40 Gym Flex Fit

Hat \$ 30.00. Details. Out of stock . FlexFit

Delta MI40 Gym Hat \$ 35.00. Details.

Ladies Black Burnout MI40 Gym Tank \$

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20.00. Select options Details. Ladies Black MI40 Tank \$ 35.00. Select options ...

MI40x Shop - Ben Pakulski

I must start by saying that MI40X was the most challenging forty day feat I have ever attempted, let alone completed! I am not new to Ben Pakulski's training style or his

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methodologies, but nothing could have prepared me for MI40X. The system was grounded in the basic principles introduced in the original MI40, but the intensity was kicked up ...

Mi40X - Ben Pakulski

The Author of this program is Ben

*Page 21/87*

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Pakulski who is a popular bodybuilder who competes in the world. The contents you are getting for the money is crazy worth. You will get everything you want to **TWICE THE MUSCLE IN HALF THE TIME**. In fact, he included the Calendar which will make you follow the program even better.

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Ben Pakulski MI40 Review - Extreme  
Health Guides

Want to join Ben on a personal 12 week transformation project to get ripped-up and photo-shoot ready? 6 weeks of video logs from Ben accompany this portion of the program - so you can follow along and

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gain insight into his unique mindset and approach. If you're looking to lean down to carve out that hard-earned muscle and chisel away at that midsection, Project SHREDDED A.F has landed! We ...

Workouts - Mi40 Nation - Ben Pakulski |  
Mi40Nation Ben ...



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The Mi40x is a workout program that was created by Ben Pakulski to help persons training to gain lean muscles. It helps those who want to get pounds of lean muscles every week instead of waiting to gain those same pounds over a period of several months.

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MI40X Review- Download CEP Workout Program PDF (Build ...

From Wikipedia, the free encyclopedia  
Benjamin "Ben" Pakulski (born March 18, 1981 in Toronto, Ontario), nicknamed the Pak-Man, is a Canadian IFBB professional bodybuilder and winner of the 2008 Mr. Canada competition. In the IFBB, he

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finished 2nd twice in 2008.

Ben Pakulski - Wikipedia

The MI40X workout program is a combination of all the most effective shortcuts Ben Pakulski compiled over the years to build the maximum amount of muscle in the shortest period of time.

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MI40 Xtreme 2.0 was birthed from Ben Pakulski's extensive education from the world's brightest doctors, therapists and performance coaches.

MI40X | The number one CEP Muscle Building Program  
Ben Pakulski is a professional bodybuilder

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and holds a degree in Kinesiology and Biomechanics from the University of Western Ontario. His lifelong passion for health and fitness has lead him to the ultimate unveil of MI40-Foundation.

MI40-Foundation By Ben Pakulski -  
Special \$30 Off Today Only!

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Look inside the No.1 Intelligent Muscle Building Program, that is Ben Pakulski's Mi40. Our 3 Day Camps will give intense 1-to-1 sessions and training with some of the best Personal Trainers in the world. Whether you are a beginner or a professional personal trainer yourself, we will help bring you to the next level of

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fitness and muscle intelligence. JOIN A  
CAMP. MI40 GYM - 360 VIEW ...

MI40 Gym □ Tampa, FL 33606

The Mi40X Ben Pakulski Workout  
Program is the easiest method to expose  
virtually all of the nutritional and training  
mistakes that many bodybuilders commit

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not understanding. The book contains various techniques which will not only provide fitness to you; it will also give a proper shape to your muscles. Old School New Body Review

Ben Pakulski Mi40X Workout Program  
Review - Everything You ...



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The Mi40x is created by Ben Pakulski. Ben Pakulski is a successful body building champion who enjoys helping people get that they want. Ben's creation is essentially a muscle building program with effective mass building foundations. It follows the cell expansion protocol and training principle to build muscle mass.

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Review of Mi40x Bodybuilding System  
by Ben Pakulski □ Is ...

MI40X is a 6-week program, just like it's foundation. There is an added bonus of a 7-day Primer Phase before beginning the program, which is recommended for those who did not complete MI40 first. This

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primer will familiarize you with Pakulski's methodology and give you a taste of what is to come.

MI40X Reviews | Top Workout Programs  
<http://tinyurl.com/MI40University> - Click for FREE enrollment in MI40 University - Official Ben Pakulski YouTube Channel.

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IFBB PRO Ben Pakulski is here to ed...

**SKINNY GUYS!** If you've ever wanted to quickly build 30 pounds of rock-solid, shredded muscle without dangerous bodybuilding drugs, expensive

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supplements, and long hours in the gym—if you've ever wanted to Live Large—start reading immediately. Let's face it: You're tired. Tired of filling your body with bogus supplements that only give you the most expensive pee in town. Tired of busting your ass in the gym six days a week, only to find you're the same size

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you were last month and the other guys are twice as big. Tired of all the conflicting and mind-numbingly complex advice floating around in cyberspace. Before professional fitness model Vince Del Monte became The Skinny Guy Savior, he was known as Skinny Vinny—scrawny and weak. As a "hardgainer," he experienced

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firsthand the challenges of bulking up and had a difficult time putting on muscle. But with his success in developing an enviably ripped physique—and helping many others do the same with his No-Nonsense Muscle Building and Maximize Your Muscle programs—Del Monte has proved even "hardgainers" can build an awe-inspiring

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body. You too can have the body of your dreams when you stop listening to false advice and learn the truth about gaining weight and building lean muscle mass—the smarter way! In *Living Large*, Del Monte shares his foolproof, no-nonsense plan for insane muscle gain. His revolutionary program primes your body and mind to



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pack on your first 30 pounds of muscle in only 30 weeks, with minimal gym time. He even includes customized, easy-to-follow meal plans to optimally fuel your specific body type, whether you're ultra-skinny or starting off a little chubby. In *Living Large*, you'll find: - 5 essential training principles to gain your first 30

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pounds of pure muscle - 5 muscle-building enemies you must avoid - Mass and shred meal plans at every calorie level - 14 simple, no-nonsense nutrition principles - The ultimate exercise execution demonstration guide - 4 supplements that actually work Don't waste hundreds of hours and thousands of dollars with no

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results. Stop limiting yourself and start Living Large.

Continuing with their Amazon #1 best-selling series, Jailhouse Strong, Bryant and benShea return to deliver a guide on interval training. Instead of performing endless hours of long, slow cardio that

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makes you weaker, slower, and eats away at your muscle, Jailhouse Strong Interval Training is a time efficient way to lean out and harden up. Whether inside a posh gym or limited by space inside a cramped hotel room, the workout programs included inside of this work offer a means to make the most of your environment and enhance

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your current reality. While the workout approach of this book is rooted in the physical culture cultivated behind bars, this book takes the subject of interval training well beyond the confinement of prison walls. Whatever your current reality, these interval training workouts can get you leaner, harder, and improve

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the trajectory of your physical development. Praise for Jailhouse Strong: "If you are looking for something that is simple and you do not have to have very sophisticated equipment, this is the book to read. I strongly recommend that you buy Jailhouse Strong." Charles Poliquin - World Renowned Strength

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Coach "Now you have no excuse to get yourself in fantastic shape!" Fred "Dr. Squat" Hatfield, PhD - President of ISSA  
"Jailhouse Strong is good for grapplers, cage fighters, and everyday folks!"  
Ricardo "Franjinha" Miller - Founder and Head Instructor of Paragon Brazilian Jiu-Jitsu Academies "There's no gimmicks

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here...It's about results!" Zach Even-Esh  
Josh Bryant has held world records in  
powerlifting and won the Strongest Man in  
America title in 2005. Now, he is referred  
to as the "trainer of the superstars" because  
he works with some of the world's  
strongest and most muscular athletes at  
Metroflex Gym in Arlington, Texas, and



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via the Internet. To contact Josh about seminars, online coaching or to sign up for his free training tips newsletter, visit [www.JoshStrength.com](http://www.JoshStrength.com). Adam benShea is a Brazilian Jiu-Jitsu black belt and has won the California, Pan Am, and World Championships. He teaches Brazilian Jiu-Jitsu and is a college lecturer on

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California's central coast.

In this groundbreaking health and lifestyle guide, Darin Olien—superfoods expert, nutritionist, creator of Shakeology, and co-host of the Netflix docuseries *Down to Earth* with Zac Efron—provides the key to understanding and utilizing five life

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forces, the sole factors that determine whether or not we will be healthy, fit, and free of illness. In Superlife, Darin Olien provides us with an entirely new way of thinking about health and wellbeing by identifying what he calls the life forces: Quality Nutrition, Hydration, Detoxification, Oxygenation, and

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Alkalization. Olien demonstrates in great detail how to maintain these processes, thereby allowing our bodies to do the rest. He tells us how we can maintain healthy weight, prevent even the most serious of diseases, and feel great. He explains that all of this is possible without any of the restrictive or gimmicky diet plans that

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never work in the long term. Olien has traveled the world, exploring the health properties of foods that have sustained indigenous cultures for centuries. Putting his research into practice, he has created a unique and proven formula for maximizing our bodies' potential. He also includes a "How-to-eat" user's guide with

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a shopping list, advice on "what to throw away," a guide to creating a healthy, balanced diet plan, and advice on how to use supplements effectively. Written in Olien's engaging conversational style, Superlife is a one-of-a-kind comprehensive look at dieting and nutrition, a timeless and essential guide to

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maintaining the human body and maximizing its potential.

In the first quarter of 2016, Americans bought 19.7 million fitness wearables, an increase of 67 percent over the previous year. By 2020, the global market for fitness-focused apps and devices is

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expected to grow to \$30 billion. This means that more than ever, we're looking at our wrists not only to check the time, but also to see how much we've moved, monitor our heart rate, and see how we're stacking up against yesterday's tallies. As a result of our fitness tech addiction, we've lost awareness of what we're doing,



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how we're feeling, and what's going on around us. This is bad enough in the gym, but when we get outside, the constant checking of a tiny screen truly wreaks havoc, downgrading what should be a rich experience into yet another task we need to complete to meet our daily goals. And if we fall short, we feel inadequate. There's

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also the issue of data inaccuracy, with many device makers now admitting that their gadgets provide only estimates. So why do we continue to obsess over data and treat it as gospel truth? It's time to stop, take a breath, and hit the reset button in a big way. Unplugged provides a blueprint for using technology to meet

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your health and performance goals in a much smarter way, while reconnecting to your instincts and the natural world. In addition to sharing the performance expertise of Brian Mackenzie and the scientific insight of Dr. Andy Galpin, Unplugged features exclusive stories and advice from elite athletes and world-

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renowned experts like Laird Hamilton, Tim Ferriss, Kai Lenny, Kelly Starrett, Steven Kotler, Erin Cafaro, Lenny Wiersma, Dr. Frank Merritt, and Brandon Rager. Reading Unplugged will enable you to:

- Understand both the value and the limitations of technology in athletic performance, fitness, health, and lifestyle

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situations □ Know how and when to utilize physical activity technologies in your everyday life □ and when not to □ Avoid the common mistakes that most people make with wearables and tracking apps □ Understand which technologies and tests are most effective and which are a waste of money □ End your addiction to fitness

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technology and start utilizing it as a tool for cueing, learning, and sensing instead of as a taskmaster that stresses you out

Improve self-awareness and increase self-reliance

- Re-engage with nature by spending less time indoors and more time outside
- Rediscover the value of coaches' expertise, curation, and intuition, which

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technology can't replace □ Take back control of your health, fitness, and performance with the Unplugged training protocol

Leading fitness expert Brad Schoenfeld shows how to complete a total-body transformation with six months of

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targeted, periodized routines. The M.A.X. Muscle Plan 2.0 presents scientifically proven plans to help you increase lean body mass, build muscle, and achieve your best body ever.

A no-nonsense plan that has been proven and tested by more than 300,000 people in



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154 countries. Whether you want to shed 10 pounds or 100, whether you want to build muscle or just look more toned, this book is the original "bible of fitness" that shows you how to get permanent results the safe, healthy, and natural way. Do you want to shed fat and sculpt a new body shape at the same time? Do you want a

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program without gimmicks, hype, or quick fixes? Do you want a program guaranteed to work, no matter how old you are or what kind of shape you're in now? For twenty-five years, industry veteran and bestselling author Tom Venuto has built a reputation as one of the world's most respected fat-loss experts. In *Burn the Fat*,

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Feed the Muscle—known by fans as “the bible of fat loss”—Tom reveals the body transformation secrets of the leanest people in the world. This is not a diet and it’s not just a weight-loss program; this is a breakthrough system to change your life and get you leaner, stronger, fitter, and healthier with the latest discoveries in

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exercise and nutrition science. Inside, you'll discover: - The simple but powerful LEAN formula, revealing the four crucial elements of body transformation success. - The New Body 28 (TNB-28): a four-week training plan for sculpting lean muscle, plus a quick start primer workout perfect for beginners - A lifestyle program that's

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more flexible and easier than ever to follow, even if you are busy, have dietary restrictions, or have never worked out before. - The motivation strategies it takes to stick with your plan. Burn the Fat, Feed the Muscle is not about getting as ripped as a fitness model or becoming a bodybuilder like Tom did (unless you

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want to); it's about using their secrets to achieve your own personal goals. You are sure to call it your fitness bible for many years to come.

Are you falling short of your living your best life? Are you living SMALL, but dreaming BIG? Are you fed up with

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Sunday nights alone, Monday mornings at a job you can't stand, and long hours at the gym without noticeable results? Let us help you! The authors of the Amazon bestselling Jailhouse Strong series provide a guided journey of improvement that turns dreams into goals and goals into reality. With reflective thought, direct

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planning, and intentional action, you will be shown the way to enhance seven areas of your life, ranging from athletics to finance to relationships. This process of enrichment gives you the tools to chip away the loose pieces and reveal your best self!



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A ground-breaking series featuring amazing computer-generated 3D anatomical images highlighting key muscle groups.

Second edition of the bestselling book originally released in 2016 that reached #1 on amazon.com thyroid health category.

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The Paleo Thyroid Solution dispels outdated conventional thyroid wisdom still practiced by uninformed doctors, and provides the in-depth guidance necessary to solve hypothyroidism, achieve vibrant health, and optimize thyroid fat-burning hormone metabolism. Over 200 million people worldwide and 20+ million

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Americans have some form of thyroid disease, but 60% are undiagnosed and unaware of their condition. The Paleo Thyroid Solution provides the only lifestyle and weight loss plan specifically targeted for maximizing thyroid hormone metabolism in harmony with paleo/primal/ancestral health principles.

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You'll learn how to find a good doctor or work with your current one to diagnose and treat Reverse T3 issues (including T3-only treatment). An added benefit of the PTS approach is you can expect to shed excess body fat and increase daily energy levels naturally. Book is endorsed by thyroid specialist Gary Forsman, MD,

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who made extensive contributions to the book and detailed Q&A section.

The popularity of high-intensity interval training (HIIT), which consists primarily of repeated bursts of high-intensity exercise, continues to soar because its effectiveness and efficiency have been

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proven in use by both elite athletes and general fitness enthusiasts. Surprisingly, few resources have attempted to explain both the science behind the HIIT movement and its sport-specific application to athlete training. That's why *Science and Application of High-Intensity Interval Training* is a must-have resource

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for sport coaches, strength and conditioning professionals, personal trainers, and exercise physiologists, as well as for researchers and sport scientists who study high-intensity interval training. Authors Paul Laursen and Martin Buchheit—both well-known, expert-level HIIT researchers as well as practitioners

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and endurance athletes do a masterful job of blending science-based concepts of HIIT with practical application strategies. Laursen, Buchheit, and a team of highly qualified contributors who bring hundreds of years of combined HIIT science and application experience from across all sports have written Science and



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Application of High-Intensity Interval Training to provide practitioners and athletes an understanding of the foundational principles of HIIT programming. Chapters in the first section describe five types of training, how to manipulate HIIT variables to maximize improvements in physical performance,

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and how to incorporate HIIT into a general training program. Readers will also learn the influence HIIT can have on fatigue, stress, and an athlete's overall health. The final 20 chapters each focus on a different sport and are written by leading coaches or practitioners who have successfully applied HIIT principles at an elite level in

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their respective sport. These chapters describe specific ways to incorporate HIIT into a training regimen for everything from combat sports to endurance events to the most popular U.S. and international individual and team sports. Each chapter also contains sport-specific preparation and competition phases, an overall one-

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year training program, and a brief story of how the coach or practitioner who authored the chapter used HIIT to successfully prepare an athlete for a competition. Knowing the proper ways to incorporate high-intensity interval training into a fitness or conditioning program is of vital importance: Not following proper

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protocols can lead to excessive and prolonged fatigue, illness, or injury. *Science and Application of High-Intensity Interval Training* is an essential guide for those who want to incorporate HIIT into their own training or their athletes' programming. CE exam available! For certified professionals, a companion

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continuing education exam can be completed after reading this book. The Science and Application of High-Intensity Interval Training Online CE Exam may be purchased separately or as part of the Science and Application of High-Intensity Interval Training With CE Exam package that includes both the book and the exam.

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