



# Supermen: Building Maximum Muscle for a Lifetime

*Craig Cecil*

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## **Supermen: Building Maximum Muscle for a Lifetime** Craig Cecil

This book presents a weightlifting system for intermediate to advanced weight trainers that maximizes the muscular development of an individual, while creating a complete, balanced and symmetrical physique. This book will save you years of trial-and-error in the gym and provide you with decades of weight training insights. It's a book for the rest of us—those with average genetics, strong minds and stronger hearts. More significantly, it represents a long-term plan for lifting weights wisely throughout your life while building and maintaining significant muscle mass.

In this book you will learn:

- how often you should train based on specific goals
- how to optimally schedule your workouts
- How to determine the correct training volume for each area of your body
- **How to use the 3:1, 2:1, and 1:1 Methods for achieving constant muscle gains and symmetry, while avoiding injuries**
- Hundreds of specific techniques to enhance exercise effectiveness
- How to improve weak body parts
- How to work out if you get injured
- How to track and plan workouts effectively
- How to eat correctly for lean muscle gains
- Dozens of intensity methods for breaking through training plateaus
- **Hundreds of plateau-busting, battle-tested workouts from 'Bombastic', 'Viking Ship', and 'Handle of the Earth' through 'The Final Countdown'**

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