



# Mad Scientist Muscle: Build "Monster" Mass with Science-Based Training

*Nick Nilsson*

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## **Mad Scientist Muscle: Build "Monster" Mass with Science-Based Training** Nick Nilsson

Think changing your physiology is impossible? THINK AGAIN... With *Mad Scientist Muscle*, you'll use science-based training techniques, like "controlled overtraining" and "structural training", to optimize your physiology and prepare your body for muscle growth. This book is for serious weight trainers who are ready to DEMOLISH plateaus and achieve growth and strength increases previously thought unattainable. Best of all, every training session is designed to be completed in less than an hour!

Also included:

- Detailed nutrition section
- Supplement guide
- Low-carb dieting option
- "Lazy Cook" muscle-building recipes

This book includes the most INSANELY effective training techniques you'll ever experience. It is packed with powerful training methods designed to build MASSIVE muscle by using a volume/intensity-driven format.

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