



## Bony to Brawny: No B.S. Techniques to Stack on Slabs of Lean Muscle Mass and Get Strong as Hell Regardless of How Skinny You Are!

By S J, Ignore Limits

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.I Gained 65lbs Of Lean Muscle Mass Without Any Ridiculous Supplements Or Confusing Diets. Now Let Me Show You How \* \* \* BONUS FREE BODYWEIGHT TRAINING EBOOK \* \* \* Are You Sick And Tired Of Being Skinny? If You re Ready To Forge A God-Like Physique You ve Come To The Right Place Written By SJ - Best-Selling Men s Health Author And Proprietor Of Ignore Limits Let me ask you a few quick questions. Are You Sick Of All The Lies, BS And Bad Advice In The Fat Loss Fitness Industry? Do You Want To Know How I Transformed My Physique From A Skinny, Slender 135lbs To A 195lb Ripped Fitness Model Physique? Are You Giving It Your All, Yet Struggling To See Results In The Gym Or On The Scales? Are You Ready To Find Out My Proven Strategies To Gain Muscle Mass Regardless Of How Skinny You Are? Do You Want To Fire Your Overpriced Personal Trainer And Follow A Plan That Is To Get YOU Results? If you answered...



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*The book is great and fantastic. it absolutely was written very properly and beneficial. It is extremely difficult to leave it before concluding, once you begin to read the book.*

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