



Growth Stimulus Training - Methods for Muscle, Strength & Fat Loss

By Ryan Miller

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“Finally, a simple and informative guide for anyone wanting to gain muscle, get strong, and lose fat.”

You’re one of three types of people; the gym newbie, the weekday warrior, or the gym junkie. If you’re the newbie, you need a plan, and the reasoning behind the plan always helps too. This book provides both, not only telling you what to do in the gym, but why you’re doing it.

If you’re the weekday warrior, you’ve read some training articles and have plenty of gym hours on your time card. However, you bounce from program to program and it’s not working. You’re frustrated and just need a legitimate ‘pick and stick’ program. This book provides you with programming that’s worth picking and sticking.

And of course, you could be the gym junkie. You have serious experience and could continue using your knowledge for years to come. However, even the pros have trainers. Pick a pro athlete, any pro athlete...they’re being told how to train. This book surprises gym veterans with refreshingly unexpected benefits.

“Growth Stimulus Training - Methods for Muscle, Strength & Fat Loss” was written to teach you how to build and execute a superior training program for muscle gain, getting stronger, and losing fat. On top of that, get motivated by Ryan Miller’s training history and learn why his programming works. Remember, this book includes the ‘why’ behind it’s guidance, a valuable rarity.

Ryan Miller is the author of “Growth Stimulus Training - Methods for Muscle, Strength & Fat Loss”, CEO of Twenty Twenty Wellness, a respected muscle gain/strength/fat loss mastermind, and coach to pro athletes, gym junkies, weekday warriors, and gym newbies around the world. He received his B.S. in Biochemistry from Minnesota State University and earned his training certification through the National Academy of Sports Medicine.

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