

# Bodybuilding - Six Pack Abs And The Secret Of Awesome Abs

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Not all weight-training systems burn fat, but the one you'll use in this program burns fat by the pound. Here is why: Since a 1990 study in The Journal of Applied Physiology, exercise scientists have known that doing hard, 10-repetition sets and following them with short rest periods produces dramatic increases in growth hormone. Growth hormone plays a huge role in muscle building. In fact, a recent study found that growth-hormone increases accounted for 50 percent of the muscle growth in trained weight lifters during a 20-week program. 2 exclusive e-books Tags: fat, programs, burns, pound, study, journal, applied, physiology, exercise, scientists, sets, dramatic, increases, growth, hormone, huge, muscle, building, lifters, program, exclusive, bodybuilding, six, pack, abs, secret, awesome, It, font, size

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