



Body by Science: A Research Based Program to Get the Results You Want in 12 Minutes a Week

John R. Little, Doug McGuff

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Building muscle has never been faster or easier than with this revolutionary once-a-week training program

In *Body By Science*, bodybuilding powerhouse John Little teams up with fitness medicine expert Dr. Doug McGuff to present a scientifically proven formula for maximizing muscle development in just 12 minutes a week. Backed by rigorous research, the authors prescribe a weekly high-intensity program for increasing strength, revving metabolism, and building muscle for a total fitness experience.

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