



# **Build Muscle Box Set #2: Get Spartan Shredded, Flexible Dieting 101 & The Flexible Dieting Cookbook: 160 Delicious High Protein Recipes**

*Scott James*

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## Build Muscle Box Set #2: Get Spartan Shredded, Flexible Dieting 101 & The Flexible Dieting Cookbook: 160 Delicious High Protein Recipes Scott James

Forge A Strong Shredded Spartan Physique While Eating High Protein Foods You Love! THE ULTIMATE 4 BOOK BOX SET TO TRANSFORM YOUR BODY FROM CLAY TO IRON Presenting To You An Enjoyable, Sustainable Workout Regime & Diet Designed Primarily For Results... No BS Here Is A Preview Of What Get Spartan Shredded Contains... •A look into the MOST important reasons why you need to follow this program •An explanation of many training factors such as strength vs. size, training frequency, volume and intensity •3 variations of the Shredded Spartan workout regime – the program I specifically designed for RESULTS suitable for beginners, advanced gym goers and those with minimal free time •Explanations of each and every exercise you will be performing, along with why it is beneficial and how to perform it correctly •The Spartan Shredded Six Pack Routine including a complete explanation as to how to CORRECTLY train all portions of your abdominal region (most people don't know this, so they fail to see results!) •In depth dieting explanation – you don't have to eat chicken and rice all day! Learn how to tailor your diet perfectly to your body and goals •NO BS Supplementation guide – which products out there can give you that edge on your training and which are fairy dust? Find out inside before you spend another dollar on fitness supplements! •A look into training aids and accessories such as belts, straps, weighted equipment etc •Learn how to keep the fire alive and stay motivated for the duration of your transformation •Learn how to accurately track and monitor your progress throughout the journey, this includes a look into weight, photos, bodyfat measurements and more! You will find out the ONLY techniques I recommend for measuring progress accurately, along with which methods to avoid. •Much, much more! Here Is A Preview Of What Flexible Dieting 101 Contains... •Debunking of the 'clean eating' myth, why the 'diets' you are lead to believe work actually don't •Why Flexible Dieting is quickly becoming the #1 method for sustainable weight loss and muscle gain •I will explain WHY and HOW you can eat your favourite foods while achieving the physique of your dreams •The #1 reason why starving yourself will actually make you GAIN weight (shocking answer!) •WARNING: how your metabolism may be damaged from previous dieting attempts and how to fix this •The difference between weight loss and fat loss and its importance to you •How to accurately track your progress without using those inaccurate scales •The realistic expectations of weight loss and muscle gain, how quickly you will expect to see results •The ONLY supplements I personally recommend and use to help you on this journey, no more wasting money on expensive pixy dust or weight loss pills that promise you the world •How to EFFECTIVELY overcome the weight loss and fat loss plateaus •Why cardio is a waste of time!! •My favourite Flexible Dieting recipes, SIMPLE to make and taste delicious! •How to accurately calculate the amount of food and calories you should be eating each day, specifically tailored for you •A comprehensive explanation of macronutrients and micronutrients and their importance •Why you don't have to eat every 2 hours like your nutritionists tells you •Tips and tricks from my personal experience after living and breathing the Flexible Dieting lifestyle for years •Much, much more!

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