



Muscle Building Smoothies: Vol. 4 Fat Burning Smoothies For Getting Your Lean Mean Muscle Seen

Darrin Wiggins, Charity Wilson

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Do you need a quick, convenient way to maximize your opportunity for gaining muscle?

Muscle Building Smoothies Rock

Both men and women are equally interested in building muscle. If you are not, you should be because that muscle is what makes you a fat burning machine. If you have images of muscle bound freaky men and women and don't want to look like them, then don't.

You only build as much muscle as you want, but to build any muscle, you need the proper nutrition at the most optimum times. Chances are you are not taking a full meal with you to eat after your workout unless you have the time for that.

You most likely have a typical work schedule and gym time is something you squeeze in whenever you can. You need a smoothie because skipping a meal shouldn't be an option.

The best way to protect your hard work is to utilize the smoothie recipes you find inside.

Muscle Building Is About Timing

If you have been lifting weights for any length of time or done any research, you most likely have read that nutrition plays as big a part if not more than the workouts you do. There are key times you want to get food into your body.

Pre-workout is the time you want to prime your body for the workout to come. If you are working out after dinner, you might be able to get away with a real meal at the perfect time before. If you are working out in the morning, a smoothie is your best friend. They digest quicker than a meal because the blender did all the chewing for you.

Post workout nutrition is crucial. Now that you are finished your training, you have a small window of opportunity to maximize recovery, repair muscle and have the energy to do it again the next day. Even if I have time to eat a meal, I always drink a smoothie because I want that protein hitting my muscles as fast as possible. All those nutrients are just sucked into your muscles and the recovery begins.

Deliver the right nutrition, at the optimum times and your muscle gains will be exponentially bigger.

Burning Fat Building Muscle

Smoothies can be consumed any time of the day and for specific purposes. Just by combining the right ingredients together, you can have a smoothie packed with protein for muscle building or to support fat burning.

There is no smoothie or supplement for that matter that is a miracle muscle builder. It takes time and dedication to achieve the results you are looking for. These smoothie recipes are here to make your life more convenient and ensure you have the nutrition you need.

Are You Ready To Build Muscle & Burn Fat?

Grab one of the books in the series or grab all four but make your nutrition a number one priority.

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