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TOP FITNESS BIO-HACKS

TOP FITNESS
BIO-HACKS



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JD-Biz Publishing



Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Table of Contents Prelude Identifying Fitness Bio-hacking Chapter # 1: Nutrition, Exercise Sleep Chapter # 2: Muscle Growth Chapter # 3: Fat Loss Chapter # 5: Increased Strength Factors Affecting Endurance Conclusion Author Bio References Publisher Prelude Biohacking is the science, or more specifically an art, that is based upon the hacker ethic whose aim is to maximize...

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- Authored by M Usman, John Davidson
- Released at 2015



Filesize: 7.05 MB

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