



Anabolic Primer: Ergogenic Enhancement for Hardcore Bodybuilders

Gerard Thorne

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Muscle is built with weights, food, rest and sweat. All bodybuilders create their bodies with these four elements ... in the beginning. But there comes a time when the muscle gains slow down. This is when they need to increase their body's anabolic, or muscle-building, capacity. Increasing the body's anabolic capacity is what Anabolic Primer is all about. Every bodybuilder is inundated with ads that this or that supplement will bring him to the next bodybuilding realm. But what's the truth? Anabolic Primer wades through the scientific data and gives you the real lowdown? information worth its weight in gold.

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