

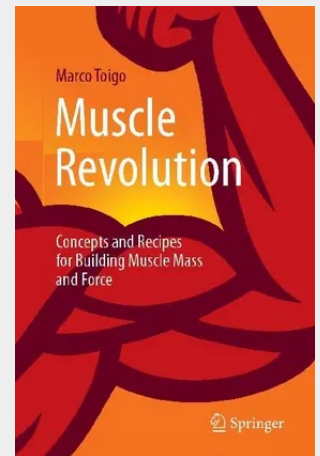
Toigo

## Muscle Revolution

Concepts and Recipes for Building Muscle Mass and Force

**How to Effectively and Efficiently Build Muscle Mass and Muscle Force** In this informative as well as practical book based on the latest integrative muscle research, Marco Toigo, PhD, describes which factors are crucial to successfully build muscle mass and muscle force through resistance training. In addition, he presents the practical and science-based consequences for your training and nutritional behavior with a focus on protein intake. This work thus offers both a practical guide and a scientific explanation of the "why" and "how" of effective and efficient resistance training. This book is the English version of the very successful 2nd German edition of "MuskelRevolution" (ISBN: 978-3-662-54764-9). The translation was done with the help of artificial intelligence. A subsequent human revision was done primarily in terms of content.

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