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Here’s how you get that done... IN THE GYM You challenge your body with the proven, scientifically-backed principles methods for building muscle. There are 3 requirement for muscle growth: 1. Mechanical tension (lifting heavy enough weights) 2. Metabolic stress (getting a pump and feeling the burn”)

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You must engage in weigh training if you want to get a ripped body. This is firstly because a muscular body simply looks better, which is what we all want to achieve at the end of the day. However, it is also because the more muscle you have, the more energy you will need to sustain it, hence the more fat you will burn.

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