



## **Body by Science: A Research Based Program for Strength Training, Body building, and Complete Fitness in 12 Minutes a Week (NTC Sports/Fitness)**

*By John Little, Doug McGuff*

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**Building muscle has never been faster or easier than with this revolutionary once-a-week training program**

In *Body By Science*, bodybuilding powerhouse John Little teams up with fitness medicine expert Dr. Doug McGuff to present a scientifically proven formula for maximizing muscle development in just 12 minutes a week. Backed by rigorous research, the authors prescribe a weekly high-intensity program for increasing strength, revving metabolism, and building muscle for a total fitness experience.

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**Body by Science: A Research Based Program for Strength Training, Body building, and Complete Fitness in 12 Minutes a Week (NTC Sports/Fitness) By John Little, Doug McGuff Bibliography**

- Sales Rank: #13058 in Books
- Brand: imusti
- Published on: 2009-01-01
- Released on: 2009-01-01
- Original language: English
- Number of items: 1
- Dimensions: 9.00" h x .50" w x 7.60" l, 1.13 pounds
- Binding: Paperback
- 304 pages

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### **Editorial Review**

About the Author

**Doug McGuff, M.D.**, owns the state-of-the-art personal training facility Ultimate-Exercise. He lectures on exercise science all over the world.

**John Little** is a columnist for Ironman magazine and the innovator of three revolutionary training protocols, including Max Contraction Training. He and his wife, Teri, own Nautilus North Strength & Fitness Centre and have supervised more than 60,000 workouts.

Learn more at [www.bodybyscience.net](http://www.bodybyscience.net)

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