

Title:

Advice for men who want to look ripped

Word Count:

278

Summary:

To look cut, with great muscle definition, many people have the misconception that you need to

Keywords:

muscle, diet, fitness, health,weight

Article Body:

To look cut, with great muscle definition, many people have the misconception that you need to

The idea that less weight tones muscles is wrong. Less weight and more reps builds endurance.

In reality, there is no such thing as lifting for definition. Muscular definition is one thing

It starts with your diet. You have to eat right. There are many ways to eat right. One thing t

In addition to lifting weights, do cardio often. Many people are afraid that they will lose mu

In conclusion, lift weights, eat well, do cardio, and look ripped.

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