



## Heavy Metal Training Systems

By Tony Salvitti

Createspace, United States, 1988. Paperback. Book Condition: New. Tony Salvitti (illustrator). 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Now is the time to develop yourself to your full genetic potential! Increase your speed, strength and stamina. Longevity and health will be yours. Heavy Metal Training systems will provide you with a path to; increased synthesis of fast and slow twitch muscle fiber proteins, increased body weight by enhanced muscle to fat ratio, improved removal of lactic acid, increased muscle glycogen concentration, enhanced ATP generation, increased appetite, increased red blood cell number, improved quality of sleep, stimulation of osteogenesis (new bone growth), improved cardiac function, anti-inflammatory and anti-oxidant effects, enhanced resistance to infections (increased immunity), higher levels of testosterone, human growth hormone (Hgh), and much more.



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