



Gain Weight & Build Muscle: Workout Guide for the Skinny Guy

John Rivers

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Looking to Learn More about How to Gain Weight and Gain Muscle?

You've come to the right place. This book is written specifically for the ectomorph or hardgainer who struggles gaining weight and who wants to get bigger by working out and dieting correctly, but doesn't know where to start.

A Breakdown of What You'll Learn

There's a lot of advice out there. You have most likely come across a workout guide that seemed to point in the right direction but didn't really live up to its glitter.

If you're a skinny guy, you can rest assured, knowing that this book doesn't just focus on theories. It focuses on principles that all skinny guys can use to see real weight gain and real results with consistent effort.

How about some specifics?

Dive into the book to read up on all the workout tips that Rivers provides for ectomorphs and hardgainers. It's a workout guide that goes beyond workout routines, though those are included as well. In the book, you'll find:

- The most important factor for gaining weight and muscle when it comes to your time in the gym
- Why it's important to listen to your body
- Great alternative exercises for those who struggle with particular exercises when working out
- How a hardgainer is different than an ectomorph
- The best types of workout routines that will help you make gains

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