



YOUR KINDLE NOTES FOR:

The Secrets of Gaining Mass Muscle Made Easy

Tony Xhudo

Last accessed on Thursday November 14, 2019

3 Highlight(s) | 0 Note(s)

Yellow highlight | Page: 8

Utilize training principles listed according to your needs. – Limit training sessions to 45 minutes or less. – Keep sets to a certain minimum, no more than 3. – Add weight or increase reps by 2 extra on a weekly basis. – Perform exercise movements as strictly as possible, never sacrificing form for weight, unless doing one rep maximum. – Try and maximize intensity level and focus. – Warm up thoroughly before beginning your workouts. – Keep yourself Hydrated with water during workout sessions.

Note:

Yellow highlight | Page: 18

Tribulus is a unique herb in helping the body in releasing gonadotropin releasing hormone (GnRH) in producing leutenizing hormone (LH) and follicule stimulating hormone (FSH) .Leutenizing hormone(LH) signals the leydig cells in the testes to produce more testosterone. Rich in steroidal saponins, protodioscins one of the most active compounds found in tribulus, helps it become another important supplement that works in the production of testosterone. There is a study involving individuals taking 750mgs of tribulus that showed LH increased from 14.38ml's to 24.75 ml's which is a 72% increase in LH. Free testosterone went from 60ng/dl to 85ng/dl which is an increase of 41%.These increases in testosterone is why many bodybuilders use tribulus today.

Note:

Yellow highlight | Page: 21

Mucuna Pureins Extract is a natural L-Dopa releaser that has documented ability in increasing GH output and stimulating testosterone release thereby increasing muscle mass. Make sure your

extract has a standardization of 40% or higher. The higher the better in its affect on stimulating increases in GH and testosterone. One

Note:
