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M.A.X. Muscle Plan, The

Brad Schoenfeld

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Developed by renowned strength and fitness expert and bestselling author Brad Schoenfeld, Mitogen Activated Xtreme training is a six-month periodized program that manipulates exercise variables to generate clear and steady muscle growth. Each phase of the plan—strength, metabolic, and muscle—is explained in detail and insights and advice for optimal performance and immediate results are provided.

With step-by-step instructions for 108 of the most effective exercises, guidance for incorporating cardiorespiratory workouts into the program, and nutrition recommendations for fueling muscle growth and recovery, *The M.A.X. Muscle Plan* is your complete guide to total-body transformation.

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