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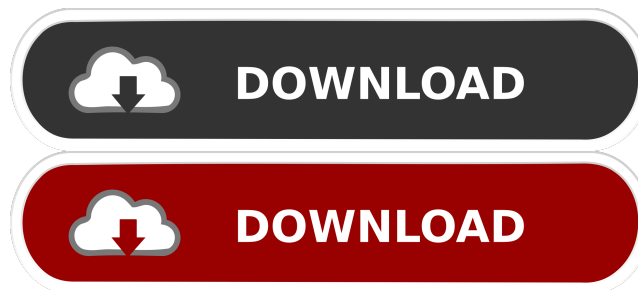
## Lean Bulk Program Pdf

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Mesomorphs	
Characteristics	Triangular shaped frame Square jawline Wide Shoulders Narrow Hips Muscular Limbs Low Body Fat
Hormonal Considerations	Testosterone and Growth Hormone dominant
Dietary Considerations	Mixed Dietary requirements
Digestive Considerations	Fast Turnover and usage of macronutrients. Must be aware of 'bad' foods as the macros will turnover leaving any residual waste internally. Silent Killers.
Suggested Base Dietary Ratios (C:P:F)	40:30:30
Sports	Olympic Lifting Powerlifting 100m Sprint Rugby Bobsleigh Gymnastics Golf Swim (50m) Swim (100m) Bodybuilding Baseball Ice Hockey Soccer American Football Jiu Jitsu Wrestling MMA

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DOWNLOAD: <https://tinurli.com/2a197g>



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