



# Strength Training for Fat Loss

*Nick Tumminello*

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## **Strength Training for Fat Loss** Nick Tumminello

No fads, gimmicks, or miracle claims. Just science-based programming, sensible strategies, and the results you desire.

In *Strength Training for Fat Loss*, Nick Tumminello, renowned trainer and innovator in the field of human performance, explains how to use the 3 Cs of metabolic strength training—circuits, combinations, and complexes—to accelerate your metabolism, maximize fat loss, and maintain muscle.

Inside you'll find these features:

- More than 150 exercises using barbells, dumbbells, resistance bands, machines, and body weight
- Realistic nutrition recommendations for staying healthy, maintaining muscle, and regulating your metabolism
- Step-by-step instructions, photos, and advice for performing and sequencing the most effective fat-loss circuits, combinations, and complexes
- Warm-up and cool-down exercises that include stretches and self-massage techniques to activate or restore muscles
- Home-, gym-, and body-weight-based workouts along with comprehensive programming for losing fat quickly and keeping it off

Whether you're a beginner looking for a step-by-step guide to fat loss or a seasoned fitness professional looking for new exercises to spice up existing routines, *Strength Training for Fat Loss* is the safe program that produces results.

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Playing with family in the park, coming to see the water world or hanging out with pals is thing that usually you may have done when you have spare time, then why you don't try factor that really opposite from that. One particular activity that make you not sensation tired but still relaxing, trilling like on roller coaster you are ride on and with addition details. Even you love Strength Training for Fat Loss, it is possible to enjoy both. It is very good combination right, you still want to miss it? What kind of hang type is it? Oh come on its mind hangout men. What? Still don't obtain it, oh come on its identified as reading friends.

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