



Ectomorph: Muscle Building for Skinny Guys

Kenneth Pettay

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Are you the type of guy that no matter how much you eat or how many times you go to the gym, you just can't gain? I used to be in the same situation. We are known as Ectomorphs, or 'the skinny guys'. For several years, I have spent countless hours researching and trying to figure out ways to bulk up. Through doing this, I have learned a lot and come to find out what works and what is just total garbage. I wrote this book to try to save time for all you guys out there that are struggling so you can hopefully get your results quicker! Within this book, you will gain proper knowledge on nutrition, supplements, training, rest and recovery, daily activities, misinformation, exercises and workout programs that will fit your individual needs. If you are serious about bulking up the natural way, then Ectomorph: Muscle Building for Skinny Guys is the guide that will help you reach your goals.

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