



# **MaxFTT Maximum Fatigue Training Technique: A Guide to Maximum Muscle Gain and Nutrition**

*Mark Hummel*

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## **MaxFTT Maximum Fatigue Training Technique: A Guide to Maximum Muscle Gain and Nutrition**

Mark Hummel

A guide created by an experienced bodybuilder that is focused on fundamentals for muscle growth, training strategies, nutrition, workouts that are designed to increase muscle mass but more importantly maximize the destruction of fat calories to position you to for the best shape of your life! The guide contains essential information for how to build lean muscle mass while losing fat for personal satisfaction or contest preparation. This guide is based on decades of personal experience with what works for the author and more importantly, what will work for you! It includes two meal plans that the author created personally and uses during phases of the year for training, one for cutting fat leading into a show where the requirement is to be less than 5% body fat and another for gaining muscle mass. It also includes suggestions for supplements that do work and what do not work for the author. The guide is intended to not only provide the tools necessary to make large scale advancement in fitness, but also as an educational work to teach the readers the theories on why these approaches work and are successful. MaxFTT is a fundamental shift in training strategy. It is a stand alone program geared to produce exceptional results. Get MaxFTT today and start shaping your body the way that always envisioned it being!

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