



# **Zyzz's Shreddology: Build the Ultimate Ripped, Lean & Muscular Alpha Male Physique**

*Mt. Olympus Aesthetic Department*

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Your About to Find out Exactly How to Build the Ultimate Aesthetic God-like Physique! There's no doubt about it, Aziz Shavershian aka. 'Zyzz' had the most aesthetically pleasing physique of all time, this was made up by a combination of the correct amount of lean muscle mass, low body fat along with perfect proportions and symmetry these factors combined produced a god-like body. This book contains Zyzz's tried and tested advice on how you can achieve the same look! Here's What You'll Learn: The most shocking myths debunked about building lean muscle An explanation of different body types and how each type should train accordingly Dieting and advanced dieting explained A complete rundown on proteins, carbs, fats & macronutrients The key to successful bulking The key to a successful cutting phase – get shredded successfully! How to build your diet correctly The best exercise and training regime to annihilate your muscle, causing new growth An explanation of the essential supplements, and those that are a waste of time How to smash through plateaus with advanced lifting techniques A look into the aesthetic lifestyle

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