

No Bull Bodybuilding Review

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By Marc David

Let me start off by saying this is a fantastic guide for beginners and intermediate trainers looking to lose weight and gain muscle.

This book is based on a question and answer format. You can get the answers to all your questions regarding muscle building. This is great because whenever you tend to start a new program you have a million questions that need answering.

The book is broken down into 3 categories:

- Fitness Training
- Nutrition
- Supplements

Marc provides a variety of ways to attack his fitness plan. Along with his fitness plan is the nutrition aspect. This is bar none the most important section and if you truly want to succeed and get great results then really pay attention to the nutrition section.

Ontop of this Marc gives you his supplement checklist letting you know what works and what doesnt.

I have personally spent hundreds of dollars on supplements and having somebody list you what is really going to be beneficial would have helped me immensely.

To get the most out of this book you are going to have to really learn to love weight training. But with the success you will see as a result, it will not be that difficult.

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