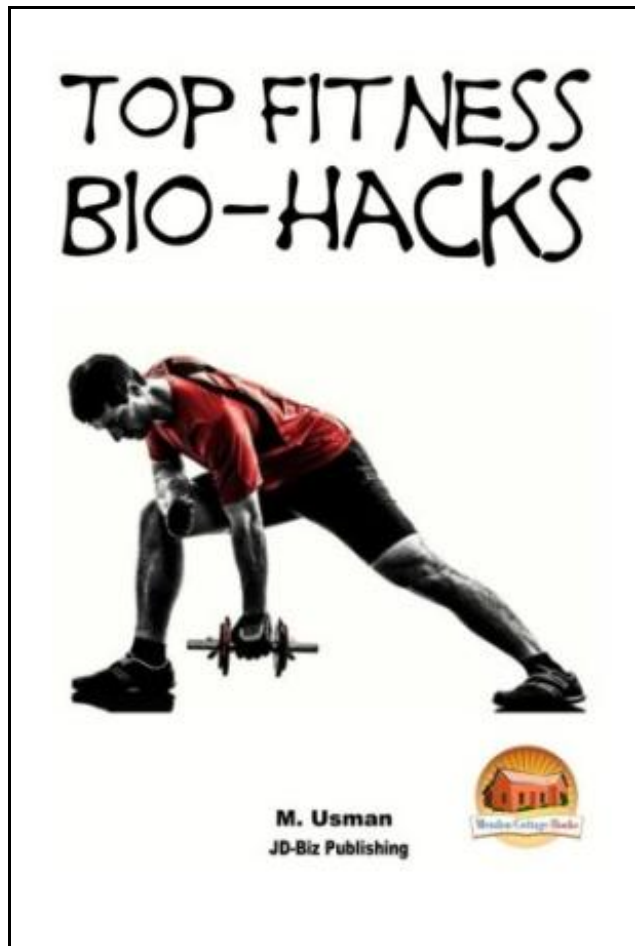


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Reviews

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(Prof. Alvis Wuckert)

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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Table of Contents Prelude Identifying Fitness Bio-hacking Chapter # 1: Nutrition, Exercise Sleep Chapter # 2: Muscle Growth Chapter # 3: Fat Loss Chapter # 5: Increased Strength Factors Affecting Endurance Conclusion Author Bio References Publisher Prelude Biohacking is the science, or more specifically an art, that is based upon the hacker ethic whose aim is to maximize the potentials of your body so you can live a longer, healthier life. The whole concept if biohacking lies on the foundations of do-it-yourself so you won t be able to gain success until and unless you are willing to engage your body in self-experimentation. With respect to fitness, biohacks are a tad bit complex, in a sense that they would be pretty much personal to everyone and one generic hack would hardly apply to each individual. A little deeper and it would mean that biohacks would depend on the topic of interest, which could either be increased power, muscle, or fitness. The whole methodology of biohacks is threefold, which is explained in the subsequent paragraphs. If you re really on a quest for better, healthier lifestyle, the foremost thing that you need to have evaluated is yourself. A number of people are wizards in pointing out all things one shouldn t do but fail to list all the things they should do. The best way to do so is by tracking your progress and noting every worthwhile detail like sleeping patterns, exercise plans, etc. The next thing you should consider is change. Change is vital for life in a sense that it must keep some excitement in life. You must be able to tweak the details and routines of...

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