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10 training tips for gaining lean muscle follow these tips to pack on pounds of lean muscle mass read article because of its intensity this is not the type of routine you ll want to follow for more than four consecutive weeks

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1 lift weights for at least 30 minutes 3 days a week you can use machines free weights trx bands weightlifting classes or a combination of these choices 1 never go into weightlifting blind it requires correct posture and positioning to correctly target muscle fibers

6 week workout program to build lean muscle muscle strength

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