



# Men's Body Sculpting

*Nicholas Evans*

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Achieve breakthroughs in size and strength for the lean, muscular look you've always wanted! In just six weeks, you'll be on the route to physical perfection using this proven muscle-building, fat-cutting program developed specifically for men.

Dr. Nick Evans is a renowned bodybuilding expert and orthopedic surgeon who specializes in sports medicine and is a leading advisor on advanced muscle training and shaping. A fitness model and bodybuilder with more than 20 years of experience in the gym, Dr. Evans writes a monthly "Ask the Doctor" column for *MuscleMag International*.

In *Men's Body Sculpting*, Evans presents three proven programs:

- The mass generator program to quickly pack on muscle.
- The body fat blitz program to burn calories and melt away fat stores to showcase the muscle you've generated.
- The hybrid hard body program that combines muscle growth with fat loss.

Each program contains exercises as well as step-by-step nutrition and supplement advice, customized to your body weight and progression level. Get great results, and get them now, with *Men's Body Sculpting*.

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