

# bodybuilding and nutrition books

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## **Bodybuilding.com Forums**

Whey protein is a vital supplement for recovery. Protein in general is used by muscles for repairing and rebuilding, but whey in particular has numerous benefits in aiding recovery that go beyond the basic benefits of protein consumption. Whey is rapidly absorbed, easily digested, and has the highest concentration of BCAA's of any source of protein. It is best consumed immediately after a ...

## **Bodybuilding.com Forums**

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## **7 weeks out from 1st IFBB competition - Bodybuilding.com Forums**

Just to quickly introduce, im 26 y/o and currently 7 weeks out from my first competition IFBB classic bodybuilding. I don't know my weight category yet but it will be newbies and i plan to weight around 191lbs.

## **Losing Fat - Bodybuilding.com Forums**

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## **Workout tips and opinions - Bodybuilding.com Forums**

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## **Reps and muscle building confusion! - Bodybuilding.com Forums**

Reps and muscle building confusion! I have been reading loads of threads about reps and sets and i don't know if i got it right. gained muscle, example: 4 sets - 10 reps and lift as much as i can

## **Skin Care? - Bodybuilding.com Forums**

The most popular bodybuilding message boards!

## **Foam Rolling anyone? - Bodybuilding.com Forums**

The most popular bodybuilding message boards!

## **Beta Alanine - Bodybuilding.com Forums**

The most popular bodybuilding message boards! Research has suggested that Beta Alanine works well with carbohydrates. This could be particularly beneficial after exercise, by combining Beta Alanine with a carbohydrate such as Waxy Maize Starch, Maltodextrin or Dextrose. It is also thought that Beta Alanine and creatine work synergistically, so a combination of Beta Alanine, carbohydrates and ...