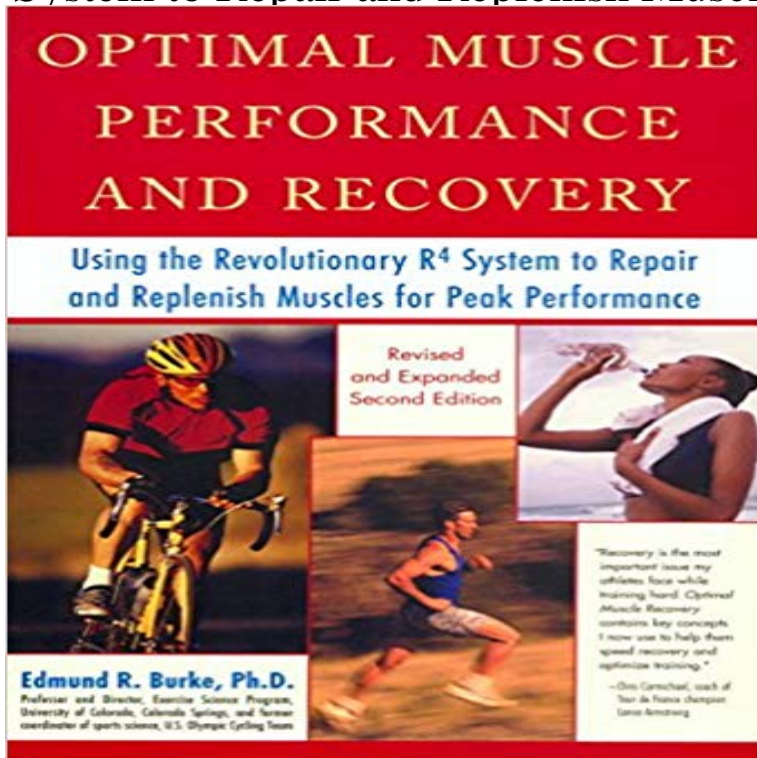


Optimal Muscle Performance and Recovery: Using the Revolutionary R4 System to Repair and Replenish Muscles for Peak Performance



Demonstrating how to get the most out of workouts by taking advantage of the factor that athletes consistently neglect - recovery - this text details the R4 System which uses nutrition to aid the bodys building and repair processes.

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