

A close-up, high-contrast photograph of a man, Barrett Hundman, wearing a grey baseball cap and lifting a black dumbbell. The image is dark, with the subject's face and the dumbbell highlighted. The text is overlaid on the image.

BARRETT HUNDMAN

BUILD MUSCLE BURN FAT

*A Beginner's Guide to the Science
of Strength Training*

Muscle Burns Fat Guidebook

Clemens Wendtner

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

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