



Bodybuilding - Lose Fat & Gain Muscle The Natural Way with Hugo Rivera's Body Re-Engineering

**Life Time Natural Physique Star & Best Selling Author Thumbs Nose At "Genetic Limits" & Progress Plateaus Then Reveals The Science Behind Gaining Muscle Mass & Getting Ripped.**

***"The Real Truth About How I Gained Over 50 Pounds of Muscle & Washboard Abs."***

From The Desk of:

**Hugo Rivera: ISSA, CFT, SPN, BSCE**

About.com Bodybuilding Guide

Best Selling Fitness Author (1 million copies sold)



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