



The Vegan Muscle & Fitness Guide to Bodybuilding Competitions

Marcella Torres, C.P.T., Derek Tresize

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Not just for physique competitors, this guide can help anyone meet their goals with a whole foods, plant-based, vegan diet. You will learn how to: - Calculate the time to reach your goal - Apply strategies to build muscle and lose fat - Assess your progress - Create workout routines - Design meal plans that hit your targets. In addition to these customizable tools and formulas, this book includes eight sample menus, three weight-lifting routines, eight cardio workouts, recipes, and more! Derek Tresize and Marcella Torres are the husband and wife team of competitive vegan bodybuilders behind Vegan Muscle and Fitness at www.veganmuscleandfitness.com. Owners of Richmond, Virginia's only plant-based personal training studio, Root Force Personal Training, the pair seeks to promote a fit and active plant-powered lifestyle and shatter the perception that strength and athleticism can't be achieved with a plant-based diet.

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