
A black and white photograph of a muscular man from the chest up, wearing a dark tank top. He is holding a cable handle with both hands, and his arms are flexed, showcasing his biceps and forearms. The background is plain white. Overlaid on the image is the text 'GANHE MÚSCULOS' in large, bold, sans-serif capital letters. The word 'GANHE' is white with a black outline, and 'MÚSCULOS' is a solid grey color. The text is centered horizontally and partially overlaps the man's torso and arms.

**GANHE  
MÚSCULOS**





# GANHE MÚSCULOS

Um programa para queimar gorduras,  
ficar mais forte e saudável

**MICHAEL MATTHEWS**

*Tradução*

Sandra Martha Dolinsky

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## Capítulo 5: Como dominar o “jogo interior” do fitness

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## Capítulo 7: Bem-vindo à dieta mais fácil do mundo

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## Capítulo 16: Perguntas frequentes

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