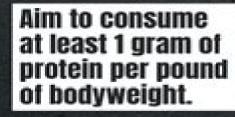
# HOW TO GAIN MUSCLE MASS FAST

Incorporate resistance training into your routine at least 3-4 times per week.

Consume more calories than your body burns each day to create a calorie surplus.





Allow your muscles time to recover and grow between workouts.







# **Muscle And Gain Weight Fast Guide**

**Roman Wölfel** 

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