

FREE Research Reviews!



RESEARCH REVIEW

NOVEMBER 2019



The latest science on
muscle gain and fat loss

By James Krieger

Want some FREE research reviews? Sign up for my newsletter and you'll get:

- **A nearly 100-page mobile optimized PDF issue of the Weightology Research Review**
- **My evidence-based guide to rest intervals for hypertrophy**
- **A 50 minute detailed video research review on diet breaks and fat loss**

Sign up below!