



The Raw Food Bodybuilding Training Manual

Charlie Abel

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Is weightlifting and bodybuilding possible on a raw vegan diet? 38 year veteran natural bodybuilder Charlie Abel says it's very possible, and at 54 years old has the physique many in their 20s would envy. In the Raw Food Bodybuilding Training Manual he discusses how to successfully transition to and stay on the raw vegan diet while satisfying your protein requirements from a purely plant based diet. He also outlines the high intensity method of bodybuilding, showing how you don't need to spend long hours in the gym to build muscles, and how 30 minutes or less three times per week is the optimum training protocol. Photos are included. Charlie knows his stuff. He is a fitness trainer, former fitness center owner, featured Living Nutrition and Vibrance writer and Rawstock presenter and now an inspiring coach living in Hawaii. Muscle up and enjoy superior health on 100% whole raw foods and no supplements with a master!

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