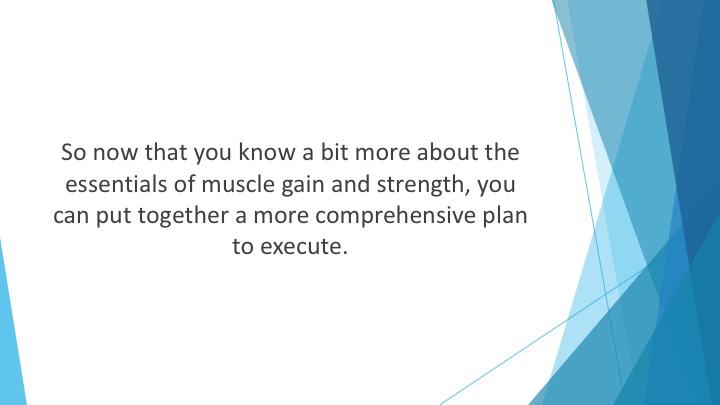
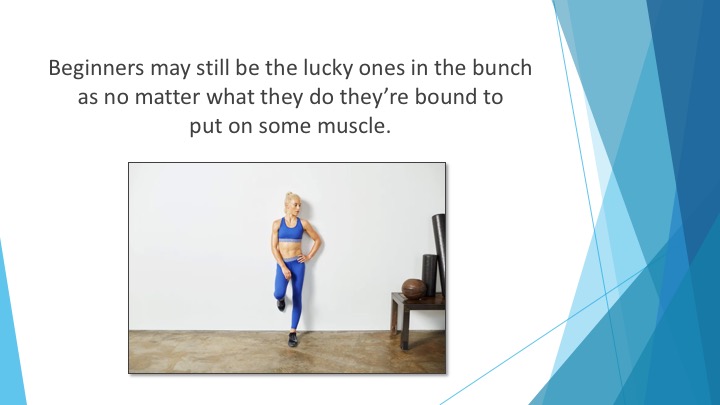
**Conclusion**

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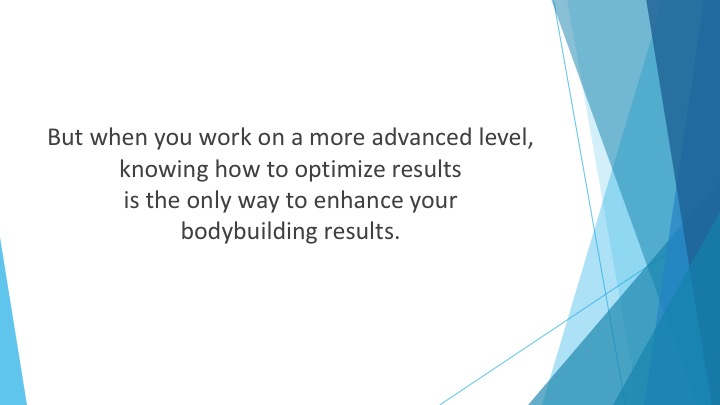
**S1** : Pause for 2 seconds



**S2** : So now that you know a bit more about the essentials of muscle gain and strength, you can put together a more comprehensive plan to execute.



**S3** : Beginners may still be the lucky ones in the bunch as no matter what they do they’re bound to put on some muscle.



**S4** : But when you work on a more advanced level, knowing how to optimize results is the only way to enhance your bodybuilding results.