What is Build?

Build · https://thesixpackrevolution.com/docs/what-is-xtreme/

If you have no fat to lose and want to build and shape your body with more muscle mass, then this is the programme for you. This programme is suitable for all men and women who want to be held accountable by our Coaches and fellow participants to cultivate a stronger mindset and build a body with more size, shape and definition.

Build focuses on developing strength and muscle through progressive training and supportive nutrition that helps you feel stronger and more capable.

You'll need: A set of dumbbells with a range of weight plates. A barbell is also recommended.