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DR HITS ULTIMATE BODYBUILDING GUIDE HIGH INTENSITY METHODS FOR RAPID MUSCLE GROWTH ARMS



CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 66 pages. Dimensions: 11.0in. x 8.5in. x 0.1in. This guide uses techniques like forced reps, negative-accentuated, super contractions, specialized holds, partial reps, confusion training, and much more, to give the beginning bodybuilder as well as the advanced bodybuilding enthusiast alike the most practical, scientifically-based method to build award-winning arms quickly! The author introduces the reader to such concepts like: The proper way to use HIT variables,...

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- Authored by David R Groscup
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