



## The Training Bible: Proven Programs to Lose Weight Tone, Strengthen and Build Muscle (Paperback)

By David R Groscup

Createspace Independent Publishing Platform, United States, 2013. Paperback. Book Condition: New. 224 x 145 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This informative book gives the exercise enthusiast the most effective training methods available to get in the best shape of his or her life! Whether you want to lose weight, tone up or build some serious muscle- everything you need is in here. Learn how to build enormous amounts of muscle with workouts that last only 20 minutes The best way to use Kettlebells to build explosive power Train using your own body weight-and build amazing strength Use special little known techniques like rolling static partials, maximum resistance static holds, forced negatives and much more! Learn the right way to use bands in your training to maximize your muscle Why machines are excellent tools to use in your training The best ways to beat sticking points and begin gaining again.



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