



Dr Hit s Ultimate Bodybuilding Guide: High Intensity Methods for Rapid Muscle Growth: Chest (Paperback)

By David Groscup

Createspace Independent Publishing Platform, United States, 2013. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.This comprehensive manual thoroughly explains the effective scientific principles and techniques of high intensity training or HIT. Practical training routines are given for all levels of trainees, from beginner through advanced bodybuilders. Build a strong, powerful, well-developed chest quickly with this manual.



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