



Basic Routines For Massive Muscles: Beef-It Training Secrets

Robert Kennedy

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Breakthrough, shock-training strategies to help beef up pecs, calves, thighs, and abs. Get advice on how to build arms, shoulders, legs, and chest faster than ever before; controlling metabolism and ridding excess fat; and the superiority of machines and free weights. More than 200 action photos of the greats pumping and posing.

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