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The Super Six Workout: Discover the Proven Best Exercises to Pack on Serious Muscle Mass Quickly (Paperback)

By Scott Oteri

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.The Super Six Workout Program Are you frustrated with your lack of muscle-building progress? Are you confused about which exercises you should be performing? Do you admire and aspire to the sort of physiques that epitomized the golden era of natural bodybuilding? Do you want to look strong and be strong? If so, the Super Six Workout Program is for you! The Super Six Workout Program goes back to the tried-and-tested methods of yesteryear and focuses on the ultimate muscle and strength training tool; the barbell. Unlike all too many popular strength and muscle building programs, the Super Six Workout Program is simple to follow, requires minimal training time, contains no fads or pseudo-science and, requires no exotic exercise equipment and, above all, will deliver the results you have always wanted. In the Super Six Workout Program you will learn why you don't need to do lots of different exercises to build muscle and that, in fact, there are a small handful of exercise that will help you get results faster than ever before. You ll discover...



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