



The Thinking Man's 12 Week Guide to Gaining Size

By Dr R Conrad Bingham

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.This 12-week program is a scientifically based platform for gaining strength and muscle. This type of training and dieting has successfully prepared just about every type of athlete imaginable, from bodybuilders and weightlifters to football and basketball players. It's so effective, it has been used for decades. This program concentrates on basic compound movements, in a step-by-step guide to help you push your muscle size and muscular bodyweight to new levels, in record time. Give the mass building plan a try, and you're guaranteed more than just a physical transformation. It will literally be a METAMORPHOSIS!.



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