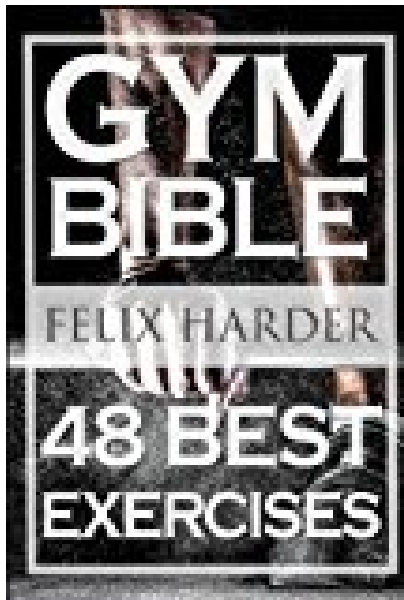


Bodybuilding Gym Bible 48 Best Exercises To Add Strength And Muscle Bodybuilding For Beginners Weight Training Bodybuilding Workouts Bodybuilding Series Volume 1



BOOK DETAILS

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BOOK SYNOPSIS

An introduction to weight training recommends specific exercises, discusses nutritional requirements during training, and shows how to develop an individual exercise program

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