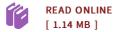


Successful Bodybuilding with Machines

By David Groscup

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 52 pages. Dimensions: 11.0in. x 8.3in. x 0.2in.Finally a book that outlines how to be successful using weight machines for bodybuilding! Best-selling author David Groscup has written a comprehensive book on the history and mechanics of weight machines, the pros and cons of using machines, different training programs designed to take advantage of weight machines capabilities to build muscle and strength using cutting-edge techniques like Rolling Static Partials, Super-X Contractions, Superslow and Pre-exhaust. Learn from an expert that has been training with HIT, high intensity bodybuilding training for over 35 years. Find out how to lose weight and increase muscle in as little as 15 minutes using specialized circuit training and much more! This item ships from La Vergne,TN. Paperback.



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