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David Groscup, 2023-01-26 This book features scientific methods to maximize your muscle growth using Extreme Intensity This form of training utilizes just one set of maximal intensity exercise per muscle to stimulate the most growth in the least possible amount of time Several different Intensity Variables are combined to train the muscle the most efficiently way possibly Take your training results to the next level Learn Intensity Cycling numerous Intensity Variables and how to properly combine them the Revised Intensity Principle Shocking methods to accelerate muscle growth and much more **David Groscup's Complete Eight Book Volume On Advanced Bodybuilding Training**

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The Training Bible: Proven Programs to Lose Weight Tone, Strengthen And Build Muscle David

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