



## Dr HITS Ultimate BodyBuilding Guide High Intensity Methods For Rapid Muscle Growth Arms

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By David R Groscup

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 66 pages. Dimensions: 11.0in. x 8.5in. x 0.1in. This guide uses techniques like forced reps, negative-accentuated, super contractions, specialized holds, partial reps, confusion training, and much more, to give the beginning bodybuilder as well as the advanced bodybuilding enthusiast alike the most practical, scientifically-based method to build award-winning arms quickly! The author introduces the reader to such concepts like: The proper way to use HIT variables, Cycling your training intensity to experience continued growth, How to shock your arms to new growth after hitting a sticking point, Using confusion training to prevent sticking points, The difference between strength and size gains and the proper way to train for both, Why HIT is the best way to build your arms fast, Much, much more! This item ships from La Vergne, TN. Paperback.



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