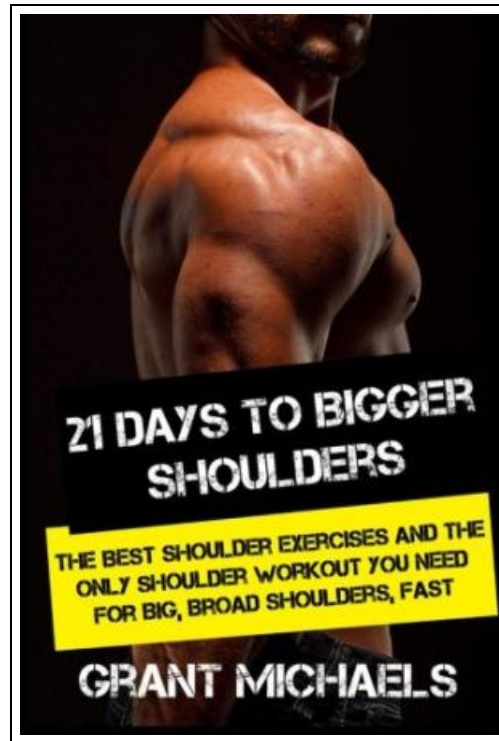


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Createspace, United States, 2013. Paperback. Condition: New. Illustrated. Language: English . Brand New Book ***** Print on Demand *****. The Only Shoulder Workout You Will Ever Need Weight training is a very thought out process that requires knowing which exercises are not only going to strengthen your muscles, but which ones will also add on to your muscle size. The same is true when it comes to working out your shoulders. You may think that by working out your arms, chest, and upper back your shoulders will automatically be affected. This just is not true. Not only do your genetics play a role in how big your muscles can actually get, but like any other part of your body specific workouts must be applied to the area. Inside Grant Michael s shoulder workout guide, you will get 11 great exercises that are specifically for toning and building your shoulder muscle mass. You will never look back once you fully understand how your body is impacted by each and every exercise you perform. How Will This Book Help You Increase Your Shoulder Muscle Mass? Grant has put together an extremely detailed illustrated guide specialized in weight training for your shoulders. These 11 exercises will not only focus on the specific deltoid muscles located in the shoulders, but also on the areas surrounding them and the full body. This is to help you ensure that your overall physique is in sync. For example, muscles that will be targeted in this guide besides those located in the shoulder include: Quadriceps Hamstrings Gluteal Abdominal Back Triceps Not only will you get an even workout, but you will learn how to increase your muscle size through safe and recommended methods. You will be taught how to master top-of-the-line weight training exercises that people at the...

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