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Ask the Trainer-Expert Answers to Your Training Questions (Paperback)

By David R Groscup

Createspace Independent Publishing Platform, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Let a trainer with over 35 years experience answer all of your questions about fitness, training and supplementation. Drawn from his popular fitness column, Ask the Trainer, published in award-winning newspapers, the author answers the questions most commonly asked of personal trainers and other experts regarding the proper methods to lose weight, build muscle, strength, increase health and use supplements to increase results. With this book learn how to: Build muscle and strength in less than 20 minutes per workout. Lose weight without dieting. Use advanced training techniques to build muscle and avoid sticking points and much more!.

Reviews

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