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OPTIMIZED NUTRITION VOL. 7: BUILDING STRONGER BIGGER LEGS



Createspace, United States, 2014. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book ***** Print on Demand *****. Leg and Lower Body Exercises are happily (and stupidly) skipped by the majority of lifters. However, your leg muscles form the foundation to your POWERHOUSE and can't be ignored. Too often, people think: Who cares about my legs? I'm trying to sell tickets to the guns show and be able to bench press more than my...

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- Authored by Travis S Miller
- Released at 2014



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