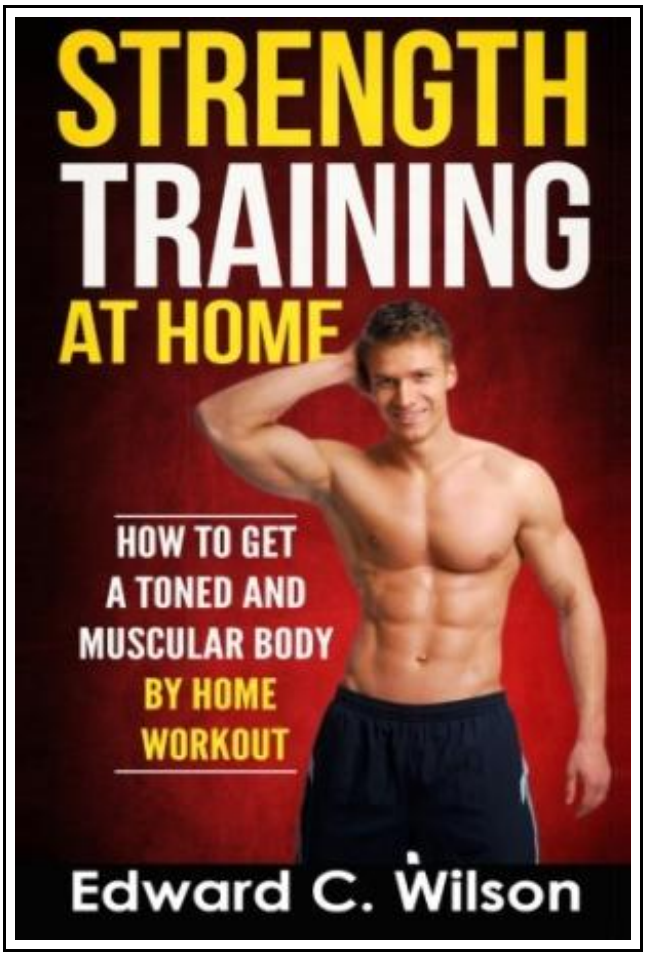
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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Strength Training Workouts, Muscle and Fitness Bodybuilding Training Doesn t most everyone dream of having a healthy body that is also strong and fit? Well, sure, but how can the average person fit a gym workout into his or her daily schedule? The answer is Strength Training at Home --a guide to help you get the strength training you need right in your own home and according to your own schedule. This informative book will teach you the difference between body types--the ectomorph, the mesomorph and the endomorph--and how each has its own strengths and weaknesses. You will learn how to gain muscle mass according to the body type you actually possess. You will learn tips on how to use the Paleo Diet in concert with a bodybuilding routine. Also, the book shows you a great strength training program which you can easily use at home. It includes simple warm-ups, gravity workouts and exercises utilizing dumbbell weights. Don t delay. Order Strength Training at Home to change your body and life for the better.

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