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A Small Guide to Building Bigger Arms (Paperback)

By M Usman, Managing Director John Davidson

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Preface Chapter # 1: The Role of Nutrition in Bodybuilding Benefits of Proper Nutrition How Often to Eat How Much Should You Eat What Should You Eat Chapter # 2: How Long Should You Train Fitness Level Experience Training Duration When Will You See Results Chapter # 3: Warming Up The Benefits of Warming Up How to Warm-Up for Arm Workouts Chapter # 4: Exercises for Shoulders Formation of the Shoulders Best Exercises for Massive Shoulders Chapter # 5: Exercises for Bigger Triceps Formation of the Triceps Exercises Chapter # 6: Exercises for Biceps Formation of the Biceps Exercises to Perform Chapter # 7: Avoiding the Plateau How the Body Adapts Chapter # 8: Introduction to Injuries Types of Injuries Causes of Arm Injuries Chapter # 9: Treatment and Prevention of Injuries Preventing Injuries Conclusion Author Bio Publisher Preface When trying to determine how muscular one is, the arms are usually the first indicator. While not everyone might be able to grow their arms easily, just a little muscle goes a long way in giving you pride. Building...



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Reviews

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