



The Insider's Tell-All Handbook on Weight- Training Technique: The Illustrated Step-By Step Guide to Perfectign Your Exercise Form for Injury-Free Maximum Gains

Stuart McRobert

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Achieving your physique, strength or fitness goals hinges on the bedrock of correct exercise techniques. This guide will teach you how to use perfect exercise technique. Whether you're a hardcore bodybuilder or a fitness trainee, male or female, beginner or very advanced this book is for you.

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