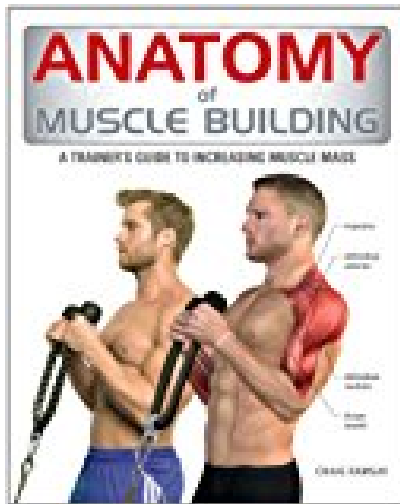


Anatomy of Muscle Building A Trainers Guide to Increasing Muscle Mass



BOOK DETAILS

- Author : Craig Ramsay
- Pages : 160 Pages
- Publisher : Firefly Books
- Language : English
- ISBN : 1554078164



BOOK SYNOPSIS

To build muscles, you have to know how they work, and Ramsay guides you through some of the best exercises for building and toning key muscles groups.

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