



Dr HIT'S Ultimate BodyBuilding Guide: High Intensity Methods For Rapid Muscle Growth: Arms

David R Groscup

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This guide uses techniques like forced reps, negative-accentuated, super contractions, specialized holds, partial reps, confusion training, and much more, to give the beginning bodybuilder as well as the advanced bodybuilding enthusiast alike the most practical, scientifically-based method to build award-winning arms quickly! The author introduces the reader to such concepts like: The proper way to use HIT variables, Cycling your training intensity to experience continued growth, How to "shock" your arms to new growth after hitting a sticking point, Using "confusion" training to prevent sticking points, The difference between strength and size gains and the proper way to train for both, Why HIT is the best way to build your arms fast, Much, much more!

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