



Essential Arms: An Intense 6-Week Program

Kurt Brungardt

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Want rock-hard biceps? Start doing squats!

Think we're kidding? Think again. In easy-to-follow, step-by-step format, best-selling fitness author Kurt Brungardt unveils some surprising new ways to build bulging, world-class arms. Brungardt draws on the latest in biophysical and nutritional research to present you with a 6-week plan that targets your arms while still giving you a challenging total-body workout. Whether you're a beginner or already halfway to Schwarzenegger-dom, Brungardt will have you popping veins in no time.

YOU'LL LEARN:

- * How to schedule your meals and workouts
- * The secret to really isolating your arms in exercises
- * Routines that result in bigger muscles, not tired ones
- * How to put your own male hormones to work for you
- * A stretching program that will always keep you limber



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The book Essential Arms: An Intense 6-Week Program has a lot info on it. So when you read this book you can get a lot of advantage. The book was compiled by the very famous author. Tom makes some research just before write this book. This specific book very easy to read you will get the point easily after reading this article book.

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