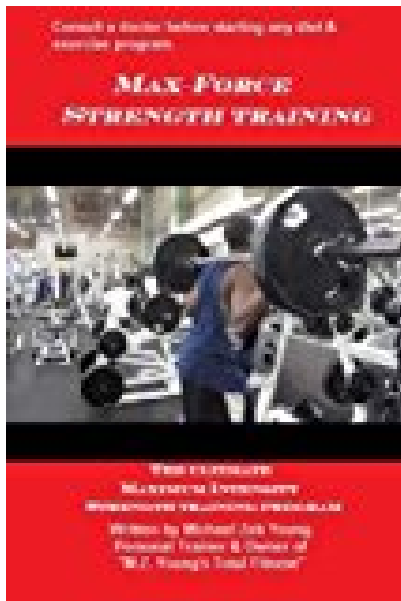


Max-Force Strength Training The Ultimate Maximum Intensity Strength Training Program



BOOK DETAILS

- Author : Michael Zeb Young
- Pages : 32 Pages
- Publisher : CreateSpace Independent Publishing Platform
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BOOK SYNOPSIS

MAX-FORCE STRENGTH TRAINING is The Ultimate Maximum Intensity Strength Training Program. This book is a must for every athlete who needs to increase. This program utilizes complex techniques and methods that give you results and will challenge you to reach your full potential.

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