



Essential Chest and Shoulders: An Intense 6-Week Program (Men's Health Peak Conditioning Guides)

Kurt Brungardt, Lou Schuler

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Want a chest to treasure? Work your back!

The secret to a strong, powerful chest is the right balance of upper-body strength. That means doing as many exercises, sets, and reps for your back as for your chest. And that great set of shoulders? Again, the key is balancing shoulder work with chest and back exercises. In *Essential Chest & Shoulders*, best-selling fitness author Kurt Brungardt shows you how to pull off this upper-body balancing act with a masterful 6-week program designed to make you bigger, stronger, and more studly, whether you're viewed from the front, back, or anywhere in between.

YOU'LL LEARN:

- * How to build impressive muscle without injury
- * Why working your chest gives you killer abs
- * The stretches that help you get bigger
- * How short workouts and long recovery produce a great body
- * Foods that fuel versus foods that fool

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Playing with family inside a park, coming to see the ocean world or hanging out with buddies is thing that usually you might have done when you have spare time, subsequently why you don't try matter that really opposite from that. 1 activity that make you not feeling tired but still relaxing, trilling like on roller coaster you have been ride on and with addition associated with. Even you love Essential Chest and Shoulders: An Intense 6-Week Program (Men's Health Peak Conditioning Guides), it is possible to enjoy both. It is good combination right, you still wish to miss it? What kind of hang type is it? Oh come on its mind hangout guys. What? Still don't have it, oh come on its referred to as reading friends.

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