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Createspace, United States, 2013. Paperback. Book Condition: New. 258 x 204 mm. Language: English . Brand New Book ***** Print on Demand *****.The Exercise for the Serious Strength Builder If you are seeking a way to build your strength and get a large, defined upper back and arms in the process, then look no further. Grant Michaels s chin-up workout book has all of your answers. He understands the importance of the chin-up in any workout routine. If you have...

Read PDF 30 Chin-Ups in 30 Days!: The Illustrated Step-By-Step Guide to Fast Muscle and Strength Gains Using Your Own Bodyweight (Paperback)

- Authored by Grant Michaels
- Released at 2013



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