



DR HITs Effective High Intensity Variables

By David R Groscup

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 48 pages. Dimensions: 9.0in. x 6.0in. x 0.1in. Gain Muscle Fast with HIT! Volume 1 of the DR HITs series on HIT, High Intensity Weight Training. This book focuses on the different techniques available to increase the intensity of your workouts to build muscle fast. Each technique, or variable, is explained step-by-step in clear, concise language, making it easy to implement in your training right away to dramatically improve gains in muscle and strength. The author has been training using the high intensity techniques contained in this book for over 35 years and is very knowledgeable in the subject. He has trained many weight trainees using these methods and has dramatically increased their results in muscle size and strength. This item ships from La Vergne, TN. Paperback.

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