



Bodybuilding: Gym Bible: 48 Best Exercises To Add Strength And Muscle (Bodybuilding For Beginners, Weight Training, Bodybuilding Workouts) (Bodybuilding Series Book 1)

Felix Harder

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Want To Know What Exercises Are Proven To Make You Gain Muscle And Strength?

Then This Book Is Perfect For You!

It shows you the **48 best gym exercises for building strength and gaining muscle**. I have included all important muscle groups (Chest, Back, Legs, Arms, Shoulders/Neck, Abs). Many of them are timeless and have been performed by bodybuilders for decades. They are **proven to work and should be part of every workout routine**.

Each Exercise Contains:

- step by step instructions on how to perform the exercise
- a picture / illustration
- details about the primary and secondary muscles involved
- safety tips
- and possible variations

Avoid simply copying friends at the gym! This usually lead to injuries and long-term joint problems. To spare yourself such issues, you need to educate yourself on how to train correctly.

I promise you that **if you follow the advice in this book, you will increase both strength and size** within a few weeks.

No Fluff or Bro Science! With this guide you will build muscle faster than ever!

The bottom line is you CAN get bigger and stronger with just these exercises. No need for fancy equipment or a personal trainer.

BONUS: Buy This Guide And You Get Free Access To My Video

Program "Bodybuilding For Beginners" (Kindle Exclusive)

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Brenda Burrows:

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