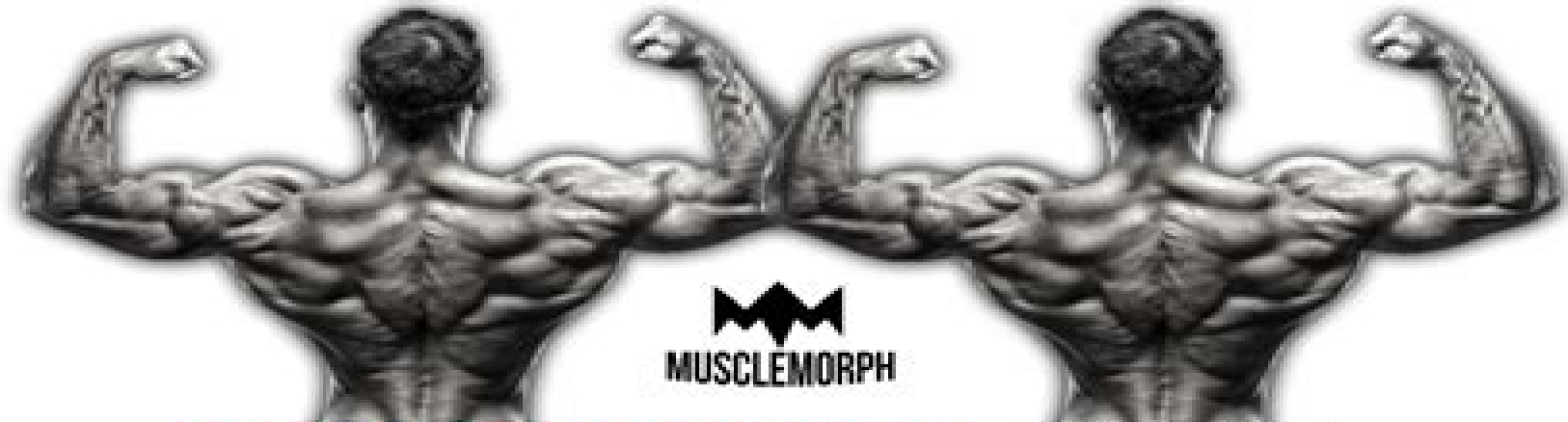


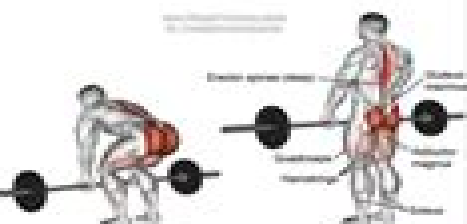


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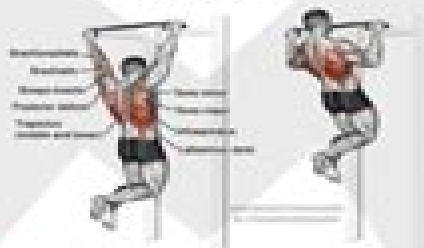
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3 SETS, 6-8 REPS

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UNTIL FAILURE

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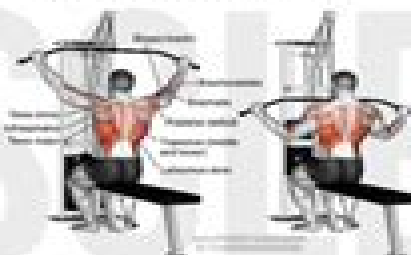
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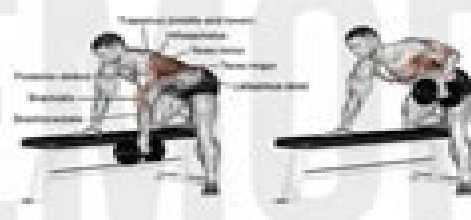
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Jim's Weight Training Guide, Superset Style! James Atkinson,2015-08-07 Hi I m James Atkinson Jim to my friends and readers I m a qualified fitness coach competing bodybuilder and have a burning desire to help others reach their fitness goals I have been training for nearly 20 years and this training has taken me from long distance running to bodybuilding competition It is fair to say that I have learned the secrets of weight loss and fitness from my own personal journey I have been fat skinny and muscle bound throughout my fitness career and I really feel fulfillment from helping and advising others when it comes to their goals This book is all about the very well known but little practiced correctly method of training known as Supersets My aim with this book is to give you the knowledge so you will Be able to identify the workload that best suits your training goal Effectively add supersets to your existing workouts Use the method full time Plan to use supersets to

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