



1001 Musclebuilding Tips

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Robert Kennedy is renowned throughout the bodybuilding field. He has worked and trained alongside all the top bodybuilders, including Steve Reeves and Arnold Schwarzenegger! Bob created the Pre-Exhaust Principle, a training method used all over the world, and the theory behind Nautilus machines. Bob made it his life's work to study the absolute best, most effective ways to build muscle. And now, in 1001 Musclebuilding Tips, he's passing this valuable information along to the readers.

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