



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

By Grant Michaels

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 been searching for a way to begin resistance training, then this step by step guide is definitely what you want. This one exercise provides proven results for those seeking a perfect physique. The problem is that far too often people will give up on chin-ups because of their difficulty. This book seeks to correct that problem with a basic break down that will help you build up to the ultimate goal and move beyond it. Can This Book Really Get Me to 30 Chin-Ups? Chin-ups are definitely not one of the easier exercises, and if you go into it blind, it can quickly become discouraging. This is what Michaels shows you how to overcome with his book. Instead of demanding...



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