



Titan Training Manuel

Leo Costa, Russ Horine

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The Titan Training Manuel is an astonishing new discovery that will soon change the way everybody trains to get superhuman size and strength as fast as humanly possible. This book has broken the code on reaching your upper genetic limits of massive size and raw steel-bending strength in a breathtakingly short time. If your main goal as a bodybuilder is to get HUGE and POWERFUL, then you need to "test drive" this book. You will get maximum amount of growth (in both size and strength) that you are physiologically capable of. In a very simple (but brutally intense) 4-workout-a-week training program (that has you in and out of the gym while other guys are just getting warmed up) you will see jaw-dropping results that will have family and friends stunned at your explosive growth!

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