



How to Build the Rugby Player Body: Building a Rugby Player Physique, the Rugby Player Workout (Paperback)

By M Laurence

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.If you want to Build Muscle, Lose Fat and look like a Rugby Player without steroids, good genetics, or throwing precious time and hard-earned money down the drain at the gym.then read on. We ve all seen the fantastic physiques on show at the Rugby World Cup, Rugby League and Rugby Union - huge thighs, the big chest, wide back and bulging arms. But it s the aesthetics - the whole body looks tight, compact, powerful, and yet not overly bulky or ripped. That is the type of physique that gets attention and if you re interested in creating that physique than i can help. This is a full 2 week training and diet manual that you simply follow and repeat. It is varied enough for you to keep using forever and to manipulate if you see fit. The book contains: 26 Chapters jammed full of training regimes and dietary plans 12 full muscle bulging workouts to manipulate to continually experiment with that trains the entire body twice over the 2 weeks All 2 weeks of diet and nutrition including...



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