



The Master Keys to Strength and Fitness

Logan Christopher

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Find the keys to becoming bigger or smaller, but definitely stronger, faster and more fit in every regard.

Inside The Master Keys to Strength and Fitness you'll find a wide range of tips on the attributes of fitness, goal setting, progression, volume intensity, recovery, toughness, mental training and much more.

This book also includes exercises using barbells, kettlebells, bodyweight exercises and the grip. Plus sample workout plans to get you started.

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