



# MUSCLE EXPLOSION

28 DAYS TO MAXIMUM MASS

NICK NILSSON

# Muscle Explosion 28 Days To Maximum Mass

**Ian Pickup**



## **Muscle Explosion 28 Days To Maximum Mass:**

Muscle Explosion Nick Nilsson,2011 Provides muscle strength training exercises with eating strategies to build mass

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Nick Nilsson,2012-05 If you want a perfect firm butt you re going to have to work for it But now you can stop guessing at which exercises and programs will help you achieve your goals Gluteus to the Maximus Advanced Accelerator is for men and women looking to build larger firmer rounder glutes FAST This book contains unique glutes specific exercises expertly demonstrated with photographs and detailed instructions By following the exercises and programs in this book you are guaranteed to build a stronger rounder sexier butt *Nuclear Science Abstracts* ,1973 **Bulletin of the Atomic**

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