



Build Your Back the Vince Gironda Way (Paperback)

By Greg Sushinsky

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. There s great interest in the methods of legendary bodybuilding trainer Vince Gironda. And why not? Although his teaching was complicated at times, Vince was a practical man. What interested him most was building muscle and sculpting fabulous physiques. So with that in mind we ve constructed a practical course very much along those lines. This back-building course features many of the ideas and principles of Vince Gironda put into action. The workouts, though, are mostly new. In this handy, power-packed book, you will find out: --the best exercises to develop a sensational back (they re not the ones you might think) --applying Vince Anatomy for super shape and size --using exercise form and technique for maximum gains --workouts for continual progress --the best ways to use intensity --new applications of classic Vince techniques This volume, written by an experienced natural bodybuilder and trainer who has spent years researching, using and experimenting with Vince s methods, brings you insights with clear explanations and even new ways of applying these methods for fast, sensational gains. This volume features over a...



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