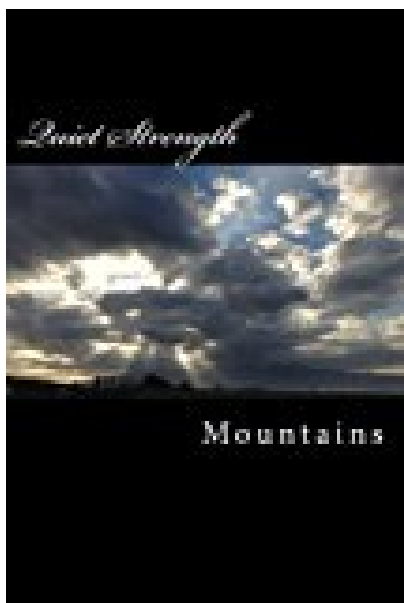


# Quiet Strength Loves Frequency Volume 1

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## BOOK DETAILS

- Author : Mountains
- Pages : 90 Pages
- Publisher : CreateSpace Independent Publishing Platform
- Language : English
- ISBN : 1530996643



## BOOK SYNOPSIS

Building muscle has never been faster or easier than with this revolutionary once--week training program In Body By Science, bodybuilding powerhouse John Little teams up with fitness medicine expert Dr. Doug McGuff to present a scientifically proven formula for maximizing muscle development in just 12 minutes a week. Backed by rigorous research, the authors prescribe a weekly high-intensity program for increasing strength, revving metabolism, and building muscle for a total fitness experience.

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