



Carved Triceps: Fired Up Body Series - Vol 5: Fired Up Body (Paperback)

By The Right Honourable Paul Martin, Professor of Archaeology William O'Brien

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Fired Up Body Series - Vol 10 - Bodybuilding Competition Dieting. Paul Martin William O'Brien have over 27 years experience in health fitness and finally decided to open their vast array of knowledge to the public again. After many years of people asking the same questions, a collection of tried and tested exercises and methods are now available. *William O'Brien MSc, PGCert, BSc(Hons), CertNatSci Bodybuilding and health fitness expert, international author and writer of numerous articles Competitive bodybuilder 1993-1994 Latham's West Coast Championships - Intermediates 2nd place 1993 Latham's UK Championships Men's 80k - 4th place 1994.

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