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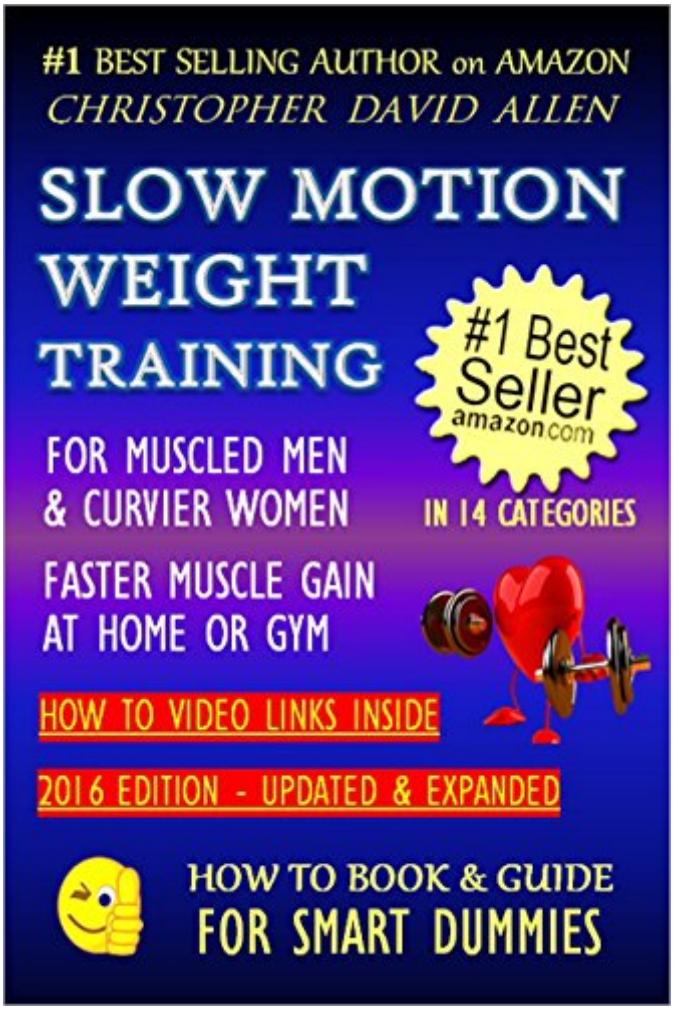

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Synopsis

A SMOKING HOT BODY FOR YOU Ã¢â ¬Â| THE PROVEN FAST WORKOUT TO GET SLIM & RIPPED Ã¢â ¬Â| READ ONÃ Â By International Best Selling Ã¢â ¬Â| #1 Best Selling Author on CHRISTOPHER DAVID ALLENÃ Â Why Slow Motion Weight Training?Greater muscle mass and strength gains in a much shorter time with less time spent working out.Strengthens bones without drugs.Improves circulation and gives your body a better response to insulin that improves blood sugar levels, blood pressure, cholesterol, and triglycerides.With a much lesser chance for injury, even the elderly and young can do Slow-Motion.You get a cardio workout while doing Slow-Motion.The superior way to build muscle mass that virtually eliminates the chance for injury.Lift somewhat heavier weights to muscle exhaustion with deliberately slow and gentle motion. About 10 seconds up and 10 seconds down for only four to six repetitions Ã¢â ¬Â| No extra sets!Only nine exercises for a full body workout in under 30 minutes.Ã Â A huge advantage goes to Slow Motion Strength Training for training all four types of muscle fiber when conventional strength training only trains one type.The Fitness & Weight Loss Industries Don't Want You To Know About Slow-Motion Strength Training As It Would Cut Their Profits Dramatically.Ã Â LADIES Ã¢â ¬Â| Enhance those sexy curves and lift with the men Ã¢â ¬Â| They will think itÃ¢â ¬â„¢s HOT!Women shape, define, and are not at risk for becoming too muscular. Women benefit more than men becauseÃ Â they have a different set of genetics and hormones from men. Slow Motion is the supreme tool for developing curves and chiseling the female body. Plastic surgery can never equal the results of a Slow Motion makeover.Ã Â MEN Ã¢â ¬Â| Get ripped and let the muscles show Ã¢â ¬Â| The women will love it!Other men will envy the nicely muscled results from your Slow Motion makeover.Ã Â Scroll Up And Click The Ã¢â ¬Å"BUYÃ¢â ¬Â• Button To Start Your Journey To A Slim And Muscular Body (men) Or A Slender And Curvaceous Body (women).Ã Â Ã Â Tags:Ã Â Build Muscle, Build Muscle Fast, build muscle lose fat, build muscle burn fat, burn fat feed muscle, Get Stronger, Quick Workouts, Exercise & Fitness, MenÃ¢â ¬â„¢s Health, WomenÃ¢â ¬â„¢s Health, Workout, Gain Mass, Build Size, Gym, Weight Lifting, Weight Training, Weight Training For Dummies, Weight Training For Women, Weight Training For Weight Loss, Personal Health, Pilates, Yoga, Training, Exercise, Fitness, strength training, bodybuilding, muscle & fitness, muscle building, muscle strength, health fitness & dieting, sports & outdoors, barbell, dumbbell, kettlebell, wellness, muscle, strength, bigger leaner stronger thinner, strength training, strength training for fat loss, strength training for seniors, strength training for women, strength training for men, strength training equipment, strength training for dummies, workout, workout books, workout routine, workout plan, workout for men, workout for women, workout for

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Customer Reviews

The science behind Slow Motion Weight Training is explained in simple terms anyone can understand. The exercise program is simple and easy to do. The videos on how to do each exercise make sure you do each in proper form. The nutrition advice is simple and works. It works to build curves for the women and muscles for the men. You can do it at home to save time and money. This book is GREAT!

Having had experience in many forms of lifting, I revisited this technique because of age and injuries. I'll be 70 soon and have shoulder problems. So far no injuries and experience rapid gains in weight. I still use gym machines because of shoulder concerns.

BEST WEIGHT TRAINING BOOK and the science makes sense but is easy to understand for anyone. Doctor Recommended

Interesting ideas. Wish he would have offered a slow motion plan for weight machines.

Works well. I am using resistance band set instead but technique is close. The bands are even better b/c they have continuous and increasing resistance

Well written, briefer than some other books out on the same subject - I would only fault his rejection of machines.

i am trying this in the pool. Seems to be working.

By far the best way to do weight training. Buy this book!

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