

STRONGER **ARMS &** **UPPER BODY**

- ***Strength***
- ***Size***
- ***Power***
- ***Definition***



Joe Wuebben • Jim Stoppani, PhD

Resumo de Stronger Arms & Upper Body

Take your upper-body workout to the next level with Stronger Arms & Upper Body. Muscle & Fitness magazine's Joe Wuebben and Jim Stoppani, PhD, team up to provide the most effective exercises and programs for increasing strength, definition, power, and size.

Targeting the development of shoulders, arms, upper back, chest, and abdominals, Stronger Arms & Upper Body features over 100 exercises for serious lifters, including specific instructions for mastering technique and advanced exercise variations to help lifters push past plateaus.

Along with 33 programs and ready-to-use workout plans, detailed anatomical illustrations, explanations and variations for equipment needs, and the latest in advanced training methods, Stronger Arms & Upper Body provides the comprehensive, hard-core instruction you need for the results you want.

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