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by Lou Schuler : **The New Rules of Lifting Supercharged Deluxe: Ten All-New Muscle-Building Programs for Men and Women**

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PDF-ca22f | This supercharged new edition of the super-effective weightlifting exercise program features all-new workouts to build maximum strength Lou Schuler and Alwyn Cosgrove's The New Rules of Lifting, The New Rules of Lifting for Women, and The New Rules of Lifting for Abs have revolutionized how people lift weights. The New Rules of Lifting Supercharged is a total reboot of the weightlifting workout ... *The New Rules of Lifting Supercharged Deluxe: Ten All-New Muscle-Building Programs for Men and Women*

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