



Super Squats: How to Gain 30 Pounds of Muscle in 6 Weeks

By Randall J. Strossen (Ph.D.)

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Riding decades of success, this program has turned human toothpicks into stalwarts, and stalwarts into legends. After a few minutes under a squat bar, you will find out what you're made of: wussies hate it, hardies revel in it...the routine in this book is so tough that only the highly-motivated can handle it. Step up to the challenge of getting bigger and stronger, sans drugs, fancy equipment or food fads. 112 pp.

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