



The Bench Workout: Hardcore Circuit Training for Men

Jim McHale, Chohwora Udu

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Think circuit training is for the feeble and faint-of-heart? Think again. The Bench Workout is a no-nonsense approach to high intensity fitness training. This workout is intense, diverse, creative, and, most importantly, proven.

The exercises in this book will give you the motivation you need to get super fit, and the expertise required to dramatically improve your muscular strength and aerobic fitness. This workout can be done practically anywhere! As long as you have a bench, you'll be able to do a full, intense workout!

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