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More Mass, More Ass: The Ultimate Vince Yuen Bodybuilding Workout Routine for Getting Bigger Leaner & Stronger (Body building, weightlighting, health & ... workout routine, building muscle Book 1)

Vince Yuen

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Learn the Ultimate Bodybuilding Workout Routine for Building Muscle and Getting Stronger!

*****Get this Amazon Best Seller now for the special promotion price of $0.99! Regularly priced at $5.99*****

Vince Yuen is a well known Youtube sensation for his bodybuilding and fitness videos. He has a strong Youtube following due to his humorous personality, his interesting way of teaching others, and his love for power lifting. He is also a strong supporter and good friend of HanhChampion, another Weightlifting Youtube Sensation based out of the United States. In this book, Vince will expose his inner secrets to how he build himself from being scrawny and 130 pounds to now 180 pounds of pure muscle.

In this book, he will expose his ultimate workout routine that he does regularly. If you wish to become bigger, leaner and stronger. This is the book for you.

Here's a Preview of What You Will Learn

* Vince's history and growth
* His Basic Workout Routine, consisting of leg workout, back workouts, chest workouts, arm workouts, etc.
* His in-depth explanation on warming up
* Full pictures of the exercises
* Info on muscle groups being worked on
* Recommended sets & repetitions
* Vince's personal notes on each exercise
* and much much more!

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Comments From Other Readers

"Vince is a disciple of HanhChampion, a really famous fitness/weight lifting coach on Youtube. Vince has made a name for himself in Vancouver, Canada. This book is really excellent and is great for anyone wanting to get into fitness." - Sam R. (Vancouver, Canada)

"I just watched Vince's videos on Youtube. Man! He's fantastic. I want a body like his. Going to follow his routine religiously." - Nathan C. (Seattle, USA)

"I've been following Vince for a long time. He's funny and entertaining. What he lifts is just insane. This book is a detailed look of what he's all about. Loved the exercises and pictures." - Kevin W. (Vancouver, Canada)

Tags: Hanhchampion, youtube, bodybuilding, weight lifting, fitness, Exercise, weight training, health, muscle building, bigger leaner stronger, strength training, workout guide, maximum muscle, build your chest , workout routine, deadlift

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From reader reviews:

David Butler:

The feeling that you get from More Mass, More Ass: The Ultimate Vince Yuen Bodybuilding Workout Routine for Getting Bigger Leaner & Stronger (Body building, weightlighting, health & ... workout routine, building muscle Book 1) may be the more deep you rooting the information that hide inside words the more you get thinking about reading it. It does not mean that this book is hard to recognise but More Mass, More Ass: The Ultimate Vince Yuen Bodybuilding Workout Routine for Getting Bigger Leaner & Stronger (Body building, weightlighting, health & ... workout routine, building muscle Book 1) giving you buzz feeling of reading. The copy writer conveys their point in specific way that can be understood by simply anyone who read the idea because the author of this e-book is well-known enough. This kind of book also makes your vocabulary increase well. Therefore it is easy to understand then can go along with you, both in printed or e-book style are available. We propose you for having this kind of More Mass, More Ass: The Ultimate Vince Yuen Bodybuilding Workout Routine for Getting Bigger Leaner & Stronger (Body building, weightlighting, health & ... workout routine, building muscle Book 1) instantly.

Sarah Jackson:

This book untitled More Mass, More Ass: The Ultimate Vince Yuen Bodybuilding Workout Routine for Getting Bigger Leaner & Stronger (Body building, weightlighting, health & ... workout routine, building muscle Book 1) to be one of several books that best seller in this year, honestly, that is because when you read this publication you can get a lot of benefit upon it. You will easily to buy this particular book in the book retail store or you can order it by using online. The publisher of this book sells the e-book too. It makes you more readily to read this book, because you can read this book in your Smartphone. So there is no reason to you personally to past this e-book from your list.

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Anthony Wilson:

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