



## How to Build Massive Shoulders: 6 Week Workout for Huge Shoulders, Shocking the Muscles Into Growth, Building Massive Traps, Build Huge Shoulders, 20 Mass Building Protein Snacks, Workouts for Muscle Building (Paperback)

By M Laurence

Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Are you fed up with the typical workouts that deliver no results? Are you tired of working out for hours wasting time and money? If so then read on. Many bodybuilders aspire to create big shirt-busting arms and that is possibly the number one reason why many of us go to the gym. But big arms alone won't make your physique stand out. Width and a V taper will. Put two men side by side with the same waist size and ask who is bigger? The guy with the wider shoulders wins. Wide shoulders will give your entire physique that herculean bronze-statue larger than life look. You could have a number of great body parts but if your overall shape is narrow you'll look small. If your arms are huge and your shoulders small, you'll look narrow. The shoulders add overall proportion, add balance, create an aesthetically pleasing silhouette. Sure big thighs, boulder like calves and breast-plate pecs look great, and certainly get notice, and you should develop them in conjunction with all the muscles...



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