



# Huge & Freaky Muscle Mass and Strength Secrets: Build a Body Fortress Naturally

*Dennis Weis, Robert Kenney*

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**Huge & Freaky Muscle Mass and Strength Secrets: Build a Body Fortress Naturally** Dennis Weis, Robert Kenney

This book is for bodybuilders who want the know-how on gaining huge muscular bodyweight. It contains a detailed multi-phase program to help increase present strength and accelerate muscle gains. Readers get primary and secondary muscle-gain workouts, core growth workouts, descriptions of sets and reps, and info on gaining muscle weight without gaining fat ? the healthy way.

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