

Dennis Charles Timerino Lost Seminar

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The Lost 1988 Seminar. As we move into the 21st century the anabolic steroids controversy continues to rage. Can you achieve unsurpassed gains in muscle size and strength without crossing the line? Well, Dennis Charles Tinerino, one of the world's most internationally respected pro-bodybuilders, thinks so and 'breaks the code of silence' by revealing the 'real life' training secrets that the world's best non-anabolic steroid bodybuilding 'champs' ARE NOT telling you about. In his 'Jaw Dropping' 35-page seminar, Dennis clearly focuses on the ways that the body can create an anabolic state to increase size and strength. This eye-opening seminar will inspire you to new levels of commitment and give you that motivational 'edge' in your training. Tags: exercises working out, fitness muscle

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