

Hip Belt Squats 'the Great Anabolic Equalizer'

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This e-report for developing the ultimate in explosive quads is not excessively long nor is it over simplified or short. It is not just theory. It works!!! You will learn in explicitly calculated detail one of the best exercises for blasting your quads and hamstrings into the piston action force of a kangaroo kick. Mighty jet-charged, large impressive KILLER QUADS! loaded with power and slabs of undiluted muscular refinement will be yours in a few short weeks. The information in this e-report is encapsulated for easy, quick reading and effective application. In a few short weeks, you'll be known around the gym as quadzilla! Tags: fitness muscle

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