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mar 11 2002 muscle memory after cutting just wondering but after you cut when you start to bulk up again does muscle memory take effect wit the muscle you lost

mar 11 2006 frank columbu shredded whenever they try to push the envelope of volume or intensity above these numbers trainees quickly become unmotivated a sign of cns stress and overly sore

feb 9 2005 fgraziano s max ot log we ll i ve never really posted here always just lurking in the shadows taking in knowledge i ve taken about 4 months off from training but have embarked on an

frank 04 12 2011 07 48 am 3 ironwill2008 bootless errand join date feb 2008 location united states posts 85 693 rep power 1687549

jul 25 2004 the most popular bodybuilding message boards forum specifically for you teen bodybuilding done my research now need help decided results 1 to 2 of 2

feb 26 2013 i remember reading that frank zane used to take a lot of liver tablets even 100 in preparation for his contests don t know how believable that is lol but it s something i ve thought

jul 16 2004 yup i love the part where he is spotting frank and he just counts each rep and says good keep going the lets get serious line is also classic we have this joke at my gym where

jul 27 2009 why physical training is a religion our bodies are our temples i often find myself among friends or colleagues wanting to share with them the skin splitting pump i had experienced in the gym

sep 15 2009 conquering self i ve been lurking on bb for a few months now gathering information and looking at profiles to learn what the keys to success are and finally i decided to start my own profile i

jul 13 2023 forum more general categories misc 500k is the new 100k salary now page 1 of 2 1 2 last results 1 to 30 of 34

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