



Westside Barbell Bench Press Manual

By Louie Simmons

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This is a 70 page manual giving the readers hands-on insight on Westside Barbell's most effect training. It will cover topics such as the most productive methods, bench press technique, preparing for a contest, how to master a bench shirt and much more!

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Westside Barbell Bench Press Manual By Louie Simmons Bibliography

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