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Unleashing the Wild Physique by Vince Gironda and Robert Kennedy

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Unleashing the wild physique ultimate bodybuilding for men and women This edition was published in 1984 by Sterling Pub. Co. in New York.

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"Unleashing the Wild Physique" is a slightly revised and improved version of Vince's magnum opus "The Wild Physique." This volume is without peer when it comes to naturally building the physique along classical lines, using exercises that pinpoint specific muscles.

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~~The Wild Physique—Iron Guru~~

Re: Comparing The Wild Physique and Unleashing the Wild Physique 06-24-07 10:02 PM - Post# 315407 I was certain till now that I'd picked up Unleashing the summer of 1983.

~~Comparing The Wild Physique and Unleashing the Wild Physique~~

Unleashing the Wild Physique: ISBN 9780806978888 (978-0-8069-7888-8) Softcover, Sterling Pub Co Inc, 1899 Unleashing the wild physique: Ultimate bodybuilding for men and women

~~Vince Gironda: used books, rare books and new books ...~~

Unleashing the Wild Physique : Ultimate Bodybuilding for Men and Women by Robert Kennedy and Vince Gironda (1984, Trade Paperback)

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Vince Gironda is the author of Unleashing the Wild Physique (4.15 avg rating, 54 ratings, 4 reviews, published 1984), Blueprint for the bodybuilder (5.00...

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