

## The Simple Bible for Teens on How to Get Big Arms Fast: Make use of Your Insane Testosterone-Levels using Easy and Proven Methods

Gus Pierce

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You're a teen - naturally, you're reeking of testosterone.

You care for your looks - naturally, you want to defy your sleeves and build your guns.

You're wondering how to build your arms from a pair of Milk snakes to monstrous Giant anacondas.

As a teen you're by nature a freak of nature when it comes to the ability to gain muscle. Luckily for us, the arms are made up of muscles, and thus we can leverage your stage of life with your will to gain.

Our industry loves to get tangled up in 501 different diets and exercise programs, but in this book you'll learn that sticking to the easy and proven basics works wonders. Not only is it easier to comprehend and thus apply, but it is by far the most effective.

Consider the Pareto Principle - 80% of your gains will come from 20% of what you do.

- This book will give you the necessary 20% for remarkably getting bigger arms fast.



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