



Carved Triceps: Fired Up Body Series - Vol 5: Fired Up Body (Volume 5)

Paul Martin, William O'Brien

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Fired Up Body Series - Vol 10 - Bodybuilding Competition Dieting. Paul Martin & William O'Brien have over 27 years experience in health & fitness and finally decided to open their vast array of knowledge to the public again. After many years of people asking the same questions, a collection of tried and tested exercises and methods are now available. *William O'Brien MSc, PGCert, BSc(Hons), CertNatSci Bodybuilding and health & fitness expert, international author and writer of numerous articles Competitive bodybuilder 1993-1994 Latham's West Coast Championships – Intermediates 2nd place 1993 Latham's UK Championships Men's 80k – 4th place 1994

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