

10\_minutes\_to\_massive\_arms

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## Summary:

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10 Minutes to Massive Arms: Manfred Hoerberl, John Little ... 10 Minutes to Massive Arms [Manfred Hoerberl, John Little, Bob Wolff] on Amazon.com. \*FREE\* shipping on qualifying offers. Exercise bodybuilding. 10 Minutes to Massive Arms - Open Library 10 Minutes to Massive Arms by Manfred Hoerberl, John Little, Bob Wolff, December 1994, Little Wolff Publishing Group edition, Paperback in English. 10 Minutes to Massive Arms - Google Books The majority of men-whether they lift weights or not-would like to have better looking, stronger, bigger arms. Now they can have those kind of arms with the book written by the world's number one authority on big arms, Manfred Hoerberl - who has arms measuring 25 1/2 inches. Includes 94 b&w photographs that illustrate each exercise - each workout takes 10 minutes.

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