

MUSCLE LOGIC: ESCALATING DENSITY TRAINING

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Strength Basics: Book Review: Muscle Logic

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Staley Charles. Muscle Logic: Escalating Density Training [PDF] - ??? ??? ????????

Editorial Reviews. About the Author. CHARLES STALEY guides Olympic and professional Muscle Logic: Escalating Density Training by [Staley, Charles].

It's called Escalating Density Training, or EDT, and it constitutes the hypertrophy Muscle is in fact a biological system, and it grows (or atrophies) in direct.

Muscle Logic: Escalating Density Training By Charles Staley pages, published \$ The idea behind Escalating Density Training.

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