



**More Mass, More Ass: The Ultimate Vince Yuen
Bodybuilding Workout Routine for Getting Bigger
Leaner & Stronger (Body building, weightlifting,
health & ... workout routine, building muscle Book**

1)

Vince Yuen

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Learn the Ultimate Bodybuilding Workout Routine for Building Muscle and Getting Stronger!

*****Get this Amazon Best Seller now for the special promotion price of \$0.99! Regularly priced at \$5.99*****

Vince Yuen is a well known Youtube sensation for his bodybuilding and fitness videos. He has a strong Youtube following due to his humorous personality, his interesting way of teaching others, and his love for power lifting. He is also a strong supporter and good friend of HanhChampion, another Weightlifting Youtube Sensation based out of the United States. In this book, Vince will expose his inner secrets to how he build himself from being scrawny and 130 pounds to now 180 pounds of pure muscle.

In this book, he will expose his ultimate workout routine that he does regularly. If you wish to become bigger, leaner and stronger. This is the book for you.

Here's a Preview of What You Will Learn

- * Vince's history and growth
- * His Basic Workout Routine, consisting of leg workout, back workouts, chest workouts, arm workouts, etc.
- * His in-depth explanation on warming up
- * Full pictures of the exercises
- * Info on muscle groups being worked on
- * Recommended sets & repetitions
- * Vince's personal notes on each exercise
- * and much much more!

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Comments From Other Readers

"Vince is a disciple of HanhChampion, a really famous fitness/weight lifting coach on Youtube. Vince has made a name for himself in Vancouver, Canada. This book is really excellent and is great for anyone wanting to get into fitness." - Sam R. (Vancouver, Canada)

"I just watched Vince's videos on Youtube. Man! He's fantastic. I want a body like his. Going to follow his routine religiously." - Nathan C. (Seattle, USA)

"I've been following Vince for a long time. He's funny and entertaining. What he lifts is just insane. This book is a detailed look of what he's all about. Loved the exercises and pictures." - Kevin W. (Vancouver, Canada)

Tags: Hanhchampion, youtube, bodybuilding, weight lifting, fitness, Exercise, weight training, health, muscle building, bigger leaner stronger, strength training, workout guide, maximum muscle, build your chest , workout routine, deadlift

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Irene Forrest:

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Camille Wolfe:

What is your hobby? Have you heard this question when you got pupils? We believe that that concern was given by teacher for their students. Many kinds of hobby, Everyone has different hobby. So you know that little person just like reading or as studying become their hobby. You should know that reading is very important as well as book as to be the matter. Book is important thing to add you knowledge, except your teacher or lecturer. You get good news or update with regards to something by book. Many kinds of books that can you go onto be your object. One of them is actually More Mass, More Ass: The Ultimate Vince Yuen Bodybuilding Workout Routine for Getting Bigger Leaner & Stronger (Body building, weightlifting, health & ... workout routine, building muscle Book 1).

Jessica Harris:

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