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## Fst 7 Refined

FST-7 Enhanced: Hany Rambod, Phil Heath and Jay Cutler dominate the FST-7 chest workout. Hany Rambod's EPIC Leg Day with Steve Kuclo (Part 1) /5) FST-7 is not just a new version of FST-5. It includes a completely new approach: "How are we going to train?" and "How will we prepare for the competition?" - This will definitely be the most comprehensive chest training and prep book you can buy. This book provides an advanced training plan that includes: - Workout programs for chest, triceps, back, shoulders and legs based on the workouts they do in bodybuilding competitions.

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