

Introduction

Researched and Composed by Jacob Wilson, BSc. (Hons), MSc. CSCS

1. 8 Weeks To bigger Forearms

Forearms in my mind are the bodies most important muscle and yet 99 percent of the bodybuilding population neglects them! And with this neglect, they throw not only their entire bodies off but also sabotage their workouts in the process! This month I will introduce an 8 week forearm blast that goes beyond training and into a deeper working knowledge of the entire forearm complex.

2. Questions And Answers

I will address several fantastic questions this month. In this article you will find tricks to increasing chest growth, shoulder growth without presses and biceps growth, in edition to other areas of your body.

Thank you very much. If you have any questions you can ask them in the forums or email me personally.

Sincerely

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