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Muscle sensation Mike Rashid, whose motto is "Train Your Mind as Hard as You Train Your Body," explains his shoulder massifier step by step. His plan may test your muscles and your mind. In this day and age, more people are picking up a barbell and getting their bodies tight, toned and muscular.

Create Big-Ass Shoulders With Mike Rashid | Iron Man Magazine

Massive 6 - 6 month novice powerbuilding course by Steve Shaw. Massive 6 is the ultimate 6 month beginner course. Stop wasting time in the gym and build as much muscle mass and strength as possible.

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Mike Rashid Overtraining Chest If you have the internet, you probably know by now Mike Rashid is one seriously alpha mother f#@cker! Check out Mike and ISYMFS CT Fletcher going HAM on a chest workout

Mike Rashid Overtraining Chest - Spartansuppz

Overtraining Mike Rashid! I've been watching the Mike Rashid videos and he explains overtraining as a great way to build muscle and all the good stuff. I'm wondering what you guys thought about it, if it's good/bad etc.

Overtraining Mike Rashid! - AnabolicMinds.com

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Overtraining: Mike Rashid Back Attack // Week 3 Full

Watched Mike Rashid/CT Fletcher's vids and adopted an entirely new philosophy about training a while back. I don't believe in over-training anymore and I think that the way he trains is the best and only way to do it.

mike rashid - overtraining (for hypertrophy

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Mike Rashid constantly overtrains as advised by CT Fletcher In many videos, CT Fletcher and Mike Rashid are paying tribute to overtraining. According to them, overtraining is just a myth made up by lazy people.

Is Mike Rashid a Natural Bodybuilder? | NattyOrNot.com

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Mike Rashid is a Better Bodies Sponsored Athlete, a WBFF Pro Muscle Model, and a Strength + Endurance Specialist as well as a self proclaimed Professional Bad Ass. Rashid has three major principles, Intensity, Intensity, and Intensity.

Insane Chest Workout featuring Mike Rashid and CT Fletcher

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Mike Rashid is the CEO and founder of IMSOALPHA supplements, a former professional boxer, gym owner and author of the "Overtraining" series of e-books. Find this Pin and more on Bodybuilding by Clinton Zapell .

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Mike Rashid is a combat athlete, body builder and motivator to those that desire to be a better them. His techniques strengthen the Mind, Body and Spirit using old school training methods, hard work and discipline.

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