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To get the chest swole, start with push-ups. A half hour before the beach, it's time to start pumping up the muscles. Forget lifting massive weights — all this will do is annihilate your muscle tissue and make you look even smaller in the short-term. Instead, grab resistance bands (for Step 4) and a flat surface.

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Each of the four phases has a different focus: foundation, pyramid, pump, and detail, plus a bonus "growth boost" phase. Get Swole works just as well for hardgainers who struggle to put on muscle as it does for experienced lifters who want to continue building lean mass without unwanted fat. VIEW PLAN. HRT: Animal Hellraiser Training

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