



# Gaining Muscle 101: The Best Workouts to Gain Chest Muscle Fast

*Christopher Nolan*

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Are you new to the gym?


Are you too embarrassed to go because you are not quite sure what you are doing?

Have you been having trouble figuring out the best chest workout routine to gain muscle fast?

Look no further, you have stumbled upon the best resource there is. I have compiled a list of the most optimal chest workouts for mass. Inside you will find lower chest workouts, inner chest workouts, and all around chest workouts.

This is everything you need to know to become the best you you can be. If it does not work for you, feel free to return the book for a full refund.

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