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Ken Sprague, Gold s Gym owner, on ironage.us. Read More. Bob Gajda s reaction to Volume II. Muscle & Fitness. Read More. Better Than Volume I Joe Roark.

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I have never met a professor who has put more effort into a venture; Ken Sprague, Gold s Gym owner, Muscle, Smoke & Mirrors

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I read this book a little less than a year ago and considered it a bodybuilding bible. It was full of orthodox training techniques that seemed to make sense -- after

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Dec 03, 2013 More Muscle, Ken Sprague, Human Kinetics Europe, Limited, 1996, 0873228995, 9780873228992, 240 pages. Get the results you want when you go to the weight room.

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### **Page 2 of the dawn of bodybuilding -**

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Ken Sprague, owner of GOLDS gym in Ken has a boatload of great tales about Arnold I would not want to post some of the more risque or negative stuff he

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Since the early 1950s muscle men had flocked to California to over two years before selling it on to Ken Sprague. Golds shift its focus more towards

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