

Bodybuilding

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Whats Up with Ian King!?!?

Today's Activity

09-13-2009, 02:56 AM

MaxSquat

Level

Do any of you still follow his programs that mentioned here wayyyy back during the Androsol days? Ive been out of the bodybuilding thing for years so am now getting back to it...Ian King's programs were the chit!!!

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09-13-2009, 03:03 AM

Dwigs

Level 1

I'm on my second Ian King program at the moment (14 weeks in) and all I can say is that King is a god! His programs are awesome! My strength gains have been fantastic! The best bit is I still have 13 weeks to go!

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09-13-2009, 03:04 AM

PB Andy

Level 100

I was just wondering where he was. I was like on page 42 of old training articles just glossing over some of his stuff.

Join date: Mar 2006

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09-13-2009, 04:09 AM

MaxSquat
Level

I blew up like a mofo after I did his legs and chest/back program back to back.... only thing I didnt do was the arms program....after I get my body back to habit n' stress then will start one of his programs...

Join date: Dec 2004
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