



THE WEAK LINK WRECKER

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BENEFITS

INJURY PREVENTION: **HIGH**

FAT BURNING: **MODERATE**

MUSCLE GAINER - **HIGH**

WEAKNESS

STRENGTH: **MODERATELY LOW**

KEY POINTS

by Dr. Kuntz

Ever notice that one part of your body just doesn't seem to respond to exercises like another? Maybe it's your biceps? Your calves? Maybe no matter what you do, you just can't grow muscle in a stubborn, genetically frowned upon area?

That's exactly what this program combats. This program attacks your weak spots with aggression as it keys in and zones on your muscle resistant locations. That being said, be prepared to challenge yourself like never before with this progressive 10 week cycle.