

## The **Psycho-Burst** Training System

**R**ob demonstrates all the exercises and secret techniques for getting maximum muscle stimulation from his special 1 rep per exercise system.

This is no slick Hollywood... watered down... fake training production. This is a down and dirty "guerilla video" of Rob going through real training sessions using his real training weights. This is hard-core training info – definitely not for the weak or wanna-be bodybuilder.

It's narrated entirely by Rob himself. He coaches and instructs you so you're able to see how to correctly perform each exercise.

You'll also see footage of Rob in his best ever contest condition. This amazing video is highly instructional and motivational to help get you started on the road to ultimate fitness!

*The Psycho-Burst Training System is 100% guaranteed to help you gain muscle mass in record time!*

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## Introducing **ROB COLACINO'S**



## **Psycho-Burst** Training System

**DVD**