

Enter The Kettlebell Strength Secret Of The Soviet Supermen

Starting Strength: Basic Barbell Training is the new expanded version of the book that has been called "the best and most useful of fitness books." It picks up where Starting Strength: A Simple and Practical Guide for Coaching Beginners leaves off. With all new graphics and more than 750 illustrations, a more detailed analysis of the five most important exercises in the weight room, and a new chapter dealing with the most important assistance exercises, Basic Barbell Training offers the most complete examination in print of the most effective way to exercise.

How to Develop the Ultimate in Wrought-Iron Muscle, Mid-Section Body Armor and Core Generation of Explosive Power The sole goal of Hardstyle Abs is to achieve an extraordinarily strong mid-section. But not simply to swivel heads with your rippling six-pack. For, according to Pavel, your abs should be simultaneously weapon, armor and force generator. The six-pack is just a side effect of the coiled power with which you now operate. Hardstyle Abs will give you impenetrable body armor to withstand a direct hit of the greatest magnitude. Hardstyle Abs will give you the generative force to retaliate with a devastating backlash. And Hardstyle Abs will help you lift more weight than ever before more safely. After years of dedicated research and experimentation, Pavel has identified three "killer" drills, as all you need to achieve this level of mid-section mastery. Follow Pavels battle plan to the T and the results are guaranteed noticeable within weeks, extraordinary within months. Pavel provides the laser focus. You? Simply obey the commands. The highlights of Pavels HardStyle Abs program: Why high reps have failed you and the "secret sauce" that will have your abs tuned for heavy action all day long and at a moments notice. Hardstyle breathing for explosive power and a bullet-proof waist. The Hardstyle Sit-up to generate an unbelievable contraction for superior results. Internal Isometric the lost secret behind the old-time physical culturalists exceptional abdominal strength and development. The Hardstyle Hanging Leg Raise the final weapon you must master to channel the power of your every muscle into one devastating surge.

Based on the wildly successful Women's Health Big Book of Exercises, this portable handbook offers readers step-by-step instructions (and color photos) on how to perfectly execute the best fat-torching, muscle-toning exercises ever choreographed. This essential workout guide is for any woman--from beginner to expert--who wants to lose weight fast, build strength, and tone those terrible trouble spots, namely the belly, butt, and thighs. Complete with fast, effective workouts for home use or to take to the gym, this easy-to-tote package gives readers access to their favorite routines wherever they go. The guidebook details "main moves" for targeting each major muscle group and then shows readers variations that make the moves more challenging and effective. Other highlights: • The best new exercise to firm flabby arms • The ultimate circuit for a swimsuit ready body • The fastest cardio workout of all time • Plus, 10 new workouts and an exercise log to track progress from start to finish This shape-up manual bulges with hundreds of useful tips, breakthrough science, and cutting-edge workouts from the world's top trainers. Best of all, it'll help readers shape a body that will ensure a longer, healthier, happier lifetime.

The need for kettlebells is at an all time high amidst the changes of 2020, but at an all time low with education for it. Ditch the

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douchebag who pretends on social media, and learn from Coach Vaughn breaking down every detail you need to get stronger with your kettlebells on another level with this in-depth guide. Features 120+ pages with a full workout program that be downloaded on your mobile device by scanning the QR code inside.

Both the Soviet Special Forces and numerous world-champion Soviet Olympic athletes used the ancient Russian Kettlebell as their secret weapon for extreme fitness. Thanks to the kettlebell's astonishing ability to turbo charge physical performance, these Soviet supermen creamed their opponents time-and-time-again, with inhuman displays of raw power and explosive strength. Now, former Spetsnaz trainer, international fitness author and nationally ranked kettlebell lifter, Pavel Tsatsouline, delivers this secret Soviet weapon into your hands.

Enter the Kettlebell!Strength Secret of the Soviet Supermen

Have you noticed-the greater a man's skill, the more he achieves with less? And the skill of strength is no exception. From the ancient days of Greek wrestling, to the jealously guarded secrets of Chinese Kung Fu masters, to the hard men of modern spec ops, warriors and allied strongmen have developed an amazing array of skills for generating inhuman strength. But these skills have been scattered far and wide, held closely secret, or communicated in a piecemeal fashion that has left most of us frustrated and far from reaching our true strength potential. Now, for the first time, Russian strength expert and former Spetsnaz instructor Pavel has gathered many of these devastating techniques into one highly teachable skill set. In *The Naked Warrior* Pavel reveals exactly what it takes to be super-strong in minimum time-when your body is your only tool.

Improve performance in any sport with Russia's most guarded training secret For elite sports training, nothing compares to the impact that kettlebells have on the entire body, and author and trainer Dave Bellomo now brings the power and benefit of these Russian-inspired weights to any athlete. Working the entire body at different angles, this popular training program provides you with rapid gains in strength, speed, and endurance—all requirements for proficiency in any sport. This powerhouse program also gives you customization tools for setting personal goals and tailored eight-week workouts to answer the needs of your specific sport. *Kettlebell Power Training for Athletes*: Presents more than eighty illustrated exercises for quicker learning on how to train with the weights Helps you gradually build a training foundation for a healthier lifestyle Includes sport- and goal-specific programs so you can go directly to that section of the book for your needs Features photographs from award-winning photographer Bruce Curtis Whether you are training for the gridiron, the Octagon, or the Pentagon, these simple tools will help you produce the most extraordinary results you have ever seen. Author Profile Dave Bellomo (Williamsport, PA) holds a graduate degree in Exercise Science, specializing in sports performance and injury prevention and an undergraduate degree in Health Science. He is a Certified Strength and Conditioning Specialist (CSCS), a Performance Enhancement Specialist (PES), and a Certified Speed Coach, Dave has over 20 years of experience in the fitness management field and continues to consult with groups and individuals.

Are you looking for natural remedies to help manage your arthritis symptoms? Emily Johnson, the founder of Arthritis Foodie, has written the ultimate guide to living well with arthritis. After a five year battle with the condition, Emily embarked on a journey of healing - with food, exercise and healthy living - and now with her debut book she puts us on the path to taking back control of our own bodies. *Beat Arthritis Naturally* shares Emily's top tips and tricks for managing symptoms, along with quick exercise sequences and delicious recipes made with unprocessed whole foods, such as Cajun Salmon Burgers, Warming Parsnip Soup and Bright Blueberry Muffins. Emily delves into a variety of topics to help you naturally feel better, including: - Healthy delicious recipes - Key anti-inflammatory foods and potential inflammatory foods - Pain management - The importance of sleep - Mindset and how to think more positively Combining Emily's own challenges with seronegative arthritis and backed-up expert advice from leading therapists and rheumatologists, *Beat Arthritis Naturally* will give you the confidence you need to live a healthier and happier life. 'Emily has compiled a fantastic book full of useful and scientifically robust information about how lifestyle and food can help with this debilitating group of conditions. Most people resort to medications alone, when actually we know just how impactful lifestyle can be. Emily is banging the drum for arthritis patients everywhere and this is a must read for anyone suffering alone and looking to improve their wellbeing holistically.' - Dr Rupy Aujla, MBBS, BSc, MRCGP, Founder Doctor's Kitchen

The way to a full-body workout with amazing results by mastering kettlebells Have you heard the buzz about the all-in-one strength and cardio workout that works every muscle in the body at once? There's a reason why professional athletes and A-list celebrities are joining the Kettlebells revolution-and now you can, too! With numerous step-by-step photos throughout, *Kettlebells For Dummies* gives you everything you need to use kettlebells to safely improve strength, endurance, flexibility, joint durability, agility, mobility, athletic movement, and proper body alignment. Whether you're in your teens, 20s, 30s, 40s, 60s and beyond, you'll discover how this fast-growing fitness phenomenon can boost your metabolism and help you lose weight by mastering numerous kettlebell exercises. One of the most effective workouts for burning fat, building lean muscle, and achieving core strength One-hour workout can burn as much as 1,000 calories Named one of the most popular fitness trends in 2009 Whether you're a self-proclaimed gym rat or have never lifted a weight, *Kettlebells For Dummies* shows you that it's easy to use kettlebells to achieve a full-body workout that yields amazing results.

With *Enter the Kettlebell!* Pavel delivers a significant upgrade to his original landmark work, *The Russian Kettlebell Challenge*. Drawing on five years of developing and leading the world's first and premiere kettlebell instructor certification program, and after spending five years of additional research into what really works for dramatic results with the kettlebell- we have *Enter the Kettlebell!* Pavel lays out a foolproof master system that guarantees you success-if you simply follow

the commands! . Develop all-purpose strength-to easily handle the toughest and most unexpected demand.. Maximize staying power-because the last round decides all. Forge a fighter's physique-because the form must follow the functionEnter the kettlebell!-and follow the plan:1. The New RKC Program MinimumWith just two kettlebell exercises, takes you from raw newbie to solid contender-well-conditioned, flexible, resilient and muscular in all the right places.2. The RKC Rite of Passage Jumps you to the next level of physical excellence with Pavel's proven RKC formula for exceptional strength and conditioning. 3. Become a Man Among MenPropels you to a Special Forces level of conditioning.

Steve Cotter has done it again! The new Complete Guide to Kettlebell Lifting will do for Kettlebell books what his amazing Encyclopedia of Kettlebell Lifting did for Kettlebell DVDs. This book is packed with all of the top lifts in full color detail showing not only the lifts themselves, but important tips and mistakes that many lifters make. Following "Shihan" tradition of making the very best extreme fitness products, this fantastic book took over one year to complete. With 250 pages of techniques (not advertisements), this full color glossy book will become your perfect reference guide. The Complete guide is broken up into 10 full chapters covering the full range of Kettlebell lifts from upper and lower body, core and abs and many more. Both single and double Kettlebell lifts are covered in this amazing brand new book. This book contains over 1,000 full color photos showing clear step-by-step instruction of all 191 exercises. Whether your goal is to be leaner, strong or even more muscular; The Complete Guide to Kettlebell Lifting can help you achieve your ultimate fitness goal.

#1 NEW YORK TIMES BESTSELLER • The game-changing author of *Tribe of Mentors* teaches you how to reach your peak physical potential with minimum effort. “A practical crash course in how to reinvent yourself.”—Kevin Kelly, *Wired* Is it possible to reach your genetic potential in 6 months? Sleep 2 hours per day and perform better than on 8 hours? Lose more fat than a marathoner by bingeing? Indeed, and much more. The *4-Hour Body* is the result of an obsessive quest, spanning more than a decade, to hack the human body using data science. It contains the collective wisdom of hundreds of elite athletes, dozens of MDs, and thousands of hours of jaw-dropping personal experimentation. From Olympic training centers to black-market laboratories, from Silicon Valley to South Africa, Tim Ferriss fixated on one life-changing question: For all things physical, what are the tiniest changes that produce the biggest results? Thousands of tests later, this book contains the answers for both men and women. It's the wisdom Tim used to gain 34 pounds of muscle in 28 days, without steroids, and in four hours of total gym time. From the gym to the bedroom, it's all here, and it all works. You will learn (in less than 30 minutes each):

- How to lose those last 5-10 pounds (or 100+ pounds) with odd combinations of food and safe chemical cocktails
- How to prevent fat gain while bingeing over the weekend or the holidays
- How to sleep 2 hours per day and feel fully rested
- How to produce 15-minute female orgasms
- How to triple

testosterone and double sperm count • How to go from running 5 kilometers to 50 kilometers in 12 weeks • How to reverse “permanent” injuries • How to pay for a beach vacation with one hospital visit And that's just the tip of the iceberg. There are more than 50 topics covered, all with real-world experiments, many including more than 200 test subjects. You don't need better genetics or more exercise. You need immediate results that compel you to continue. That’s exactly what The 4-Hour Body delivers.

The ultimate 'one stop' guide to training with kettlebells. Practical and easily accessible, The Total Kettlebell Training Workout is perfect for the fitness enthusiast or fitness professional who wants to lightly improve their knowledge and heavily improve the range of exercises they can use in their training. Tried and tested exercises are accompanied by clear photos and illustrations presented in a modern and logical way. The Total Kettlebell Workout is brimming with ideas for using this piece of fitness equipment not just in the gym, but at home too. Packed with clear and easy to use exercises, this how-to reference book also provides adaptations of basic and advanced exercises making it ideal for anyone who wants to get the most out of their fitness gear. - Each exercise idea is organised by fitness level and includes follow-up and extension ideas. - Written in a jargon-free and concise style, this book is light on the science and background, heavy on practicality.

Are you tired of paying way too much for a gym membership without getting results? Discover a simple, low-cost alternative to help you lose weight, build muscle, and hit all of your fitness goals. Are you tired of the same old machines at the gym you've used over and over again? Has your boredom led to fewer trips to the gym or even a cancellation? John Powers is a personal trainer with years of experience in high-intensity training, calisthenics, and kettlebells. Now using one simple piece of equipment, Powers will show you how to transform your arms, legs, and abs in just minutes a day. Kettlebell Training: The Ultimate Kettlebell Workout to Lose Weight and Get Ripped in 30 Days contains step-by-step instructions and detailed illustrations for every body-toning kettlebell workout. Powers teaches you the most effective kettlebell exercises to get into shape, lose weight, or become absolutely ripped. Fully illustrated with the top 30 exercises spelled out in easy-to-understand language, you'll learn how to ditch the gym and take your fitness to the next level. In Kettlebell Training, you'll discover: The correct weight, size, and number of kettlebells to use for any purpose The top 30 kettlebell exercises, each fully illustrated, to get you into shape fast The most effective kettlebell workouts for your abdomen to finally get that six-pack How to automatically trigger muscle confusion to promote varied muscle development The best diet plans for weight loss and optimum fat burning and much, much, more! Kettlebell Training is your complete guide to a full workout program using just one, low-cost tool. If you like step-by-step instructions, easy-to-follow systems, and saving money, then you'll love Powers new standard for exercise books. Buy your copy of Kettlebell Training today to discover the ultimate fitness transformation! Don't forget to claim a FREE Kindle version with your purchase of Paperback copy! Discover How to Gain Maximum Muscle-Strength in Minimum Time, Using Breakthrough Techniques That Blow the Roof Off

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Traditional Ab Exercises. As a former Soviet Union Special Forces conditioning coach Pavel Tsatsouline already knew a thing or two about how to create bullet-stopping abs. Since then, he has combed the world to pry out this select group of primevally powerful ab exercises—guaranteed to yield the fastest, most effective results known to man. According to Pavel, "Crunches belong on the junk pile of history, next to Communism. 'Feeling the burn' with high reps is a waste of time!" Save yourself countless hours of unrewarding, if not useless—if not damaging—toil. Get with the program. Make fast gains and achieve blistering, rock-hard abs now. Fry your abs without the spine-wrecking, neck-jerking stress of traditional crunches—using this radical situp designed by the world's leading back and muscle function expert, Professor Janda, from Czechoslovakia. No one—but no one—has ever matched Bruce Lee's ripped-beyond-belief abs. What was his favorite exercise? Here it is. Now you can rip your own abs to eye-popping shreds and reclassify yourself as superhuman. When it came to wanting titanium abs yesterday, the Soviet Special Forces didn't believe in delayed gratification. Pavel gave them what they wanted. If you want abs that'll put you in the world's top one percent, this cruel and unusual drill does the trick.

"An illustrated guide to the thirty-six most effective techniques for super-flexibility"--Cover.

There are a Few People in every Profession Who Can Be Considered great at what they do, and a few who rise above greatness and approach legendary. In the fitness and conditioning world, Dan John is one of the greatest of all time. A true professional, and an expert in Every Sense of the Word: Dan John is a legend in this field. Alwyn Cosgrove, Alwyncosgrove.com After listening to Dan John Lecture Or Reading his work, I envy his athletes not only for the good fortune of receiving his coaching expertise, but also for the lessons that will carry them along through life. Dan is a common man, but an uncommon motivator. Dave Tate, CEO elitefts.com Coach John is one of the premier instructors in the world of movement, strength and athleticism. His lectures on athletic training have revolutionized the thinking of thousands, and this new text, Never Let Go, will Set the standard in smarter, more productive training methods. Dr. Mark Cheng, L. Ac, Ph.D., RKC Team Leader

In Kettlebell Rx, CrossFit certification instructor and world-renowned Kettlebell coach Jeff Martone teaches you how to toughen-up your body, develop unbelievable conditioning and stamina, and acquire a chiseled physique by wielding the ball of iron known as the kettlebell. Drawing on his world-wide research and the thousands of classes he has taught to athletes around the world, he breaks down kettlebell training like never before. He offers hundreds of movements, both beginning and advanced, shows dozens of the most common errors students make while training, and offers numerous workouts for athletes of all varieties. With over four thousand step-by-step photographs, descriptive narrative, and detailed programming, Kettlebell Rx is the only complete Kettlebell book on the market.

Join the kettlebell revolution and swing your way into a fitter, trimmer body—one you'll keep forever. Self-made fitness guru Tracy Reifkind has a self-made physique, working off 120 pounds after harnessing the extraordinary power of kettlebells (as featured in Timothy Ferriss's The 4-Hour Body). Now, Tracy delivers a power-packed exercise, diet, and lifestyle program for rapid but sustainable weight loss: The Swing! Reifkind's program promises dramatic results in just two half-hour sessions each week—that's

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just four hours a month! There are no gimmicks here: Reifkind offers strong coaching on developing a winning mindset and a protein-focused, transformational eating plan, and reveals the evidence of her own low-cost, no-gym-membership success story. The Swing! packs the power to teach, to inspire, and to help you break through to your real, ideal body.

Conditioning helps to steer you through essential foundational exercises, key movement and swing patterns prior to undertaking more complex power drills using both single and double kettlebells.

How would you like to own a world class body-whatever your present condition- by doing only two exercises, for twenty minutes a day? A body so lean, ripped and powerful looking, you won't believe your own reflection when you catch yourself in the mirror. And what if you could do it without a single supplement, without having to waste your time at a gym and with only a 150 bucks of simple equipment? And how about not only being stronger than you've ever been in your life, but having higher energy and better performance in whatever you do? How would you like to have an instant download of the world's absolutely most effective strength secrets? To possess exactly the same knowledge that created world-champion athletes-and the strongest bodies of their generation? Pavel Tsatsouline's Power to the People!-Russian Strength Training Secrets for Every American delivers all of this and more.

TAKE YOUR WORKOUT TO THE NEXT LEVEL WITH KETTLEBELLS Whether you're looking to get in better shape, enhance your strength training or challenge yourself with the ultimate high-intensity workout, kettlebells are the perfect tool to get the body you want with less time in the gym. With over 300 step-by-step photos, this book illustrates over 100 kettlebell exercises that produce unmatched results for: - burning fat and building muscle - enhancing balance and coordination - increasing hand and foot speed - improving sports performance - boosting endurance and core strength The Ultimate Kettlebell Workbook teaches the proper way to do primary lifts as well as variations so you can use kettlebells safely and effectively to transform your current workout into a dynamic program for developing strength and power.

Nearly all diet and workout books are focused on the wrong things: They focus on WHAT instead of HOW. Yet the leanest people focus on how, on their eating habits, not on fad diets. Diets that rely on willpower and discipline fail. The path to results is made up of eleven small, simple, step-by-step habits. Rotating through phases of metabolic workouts, endurance workouts, and strength workouts yields the best fat-loss results. Josh Hillis and Dan John know these habit-based diet and workout hacks, and they teach them well.

If you own Pavel Tsatsouline's popular kettlebell manifesto Enter the Kettlebell, you will love our "ETK" workbook. It turns the ETK philosophy into a detailed 12 week follow-along training plan. If you've had trouble creating your own ETK training program, this workbook is for you! Download this 56 page eBook and start earning your "Rite of Passage" today.

Pavel specializes in teaching breakthrough fitness techniques to elite athletes and people who are naturally motivated. Renowned trainer Anthony DiLuglio specializes in providing motivating programs based on Pavel's principles to get ordinary people started and keep them going. Anthony's typical client needs more structure and "follow-along" simplicity than provided in Enter the Kettlebell itself. This workbook is divided into two main sections: the Program Minimum and the Rite of Passage Each of these is broken down into weekly progressions with a specific checklist of drills for each day. The week starts with a preview and then the follow-along program itself. You should strive to complete the program in its entirety. If you do not complete a week appropriately, simply repeat that week before moving on. Specs: 12 week follow-along 56-page book

The KGB Plays Chess is a unique book. For the first time it opens to us some of the most secret pages of the history of chess. The battles about which you will read in this book are not between chess masters sitting at the chess board, but between the powerful Soviet secret police, known as the KGB, on the one hand, and several brave individuals, on the other. Their names are famous in the chess world: Viktor Kortschnoi, Boris Spasski, Boris Gulko and Garry Kasparov became subjects of constant pressure, blackmail and persecution in the USSR. Their victories at the chess board were achieved despite this victimization. Unlike in other books, this story has two perspectives. The victim and the persecutor, the hunted and the hunter, all describe in their own words the very same events. One side is represented by the famous Russian chess players Viktor Kortschnoi and Boris Gulko. For many years they fought against a powerful system, and at the end they were triumphant. The Soviet Union collapsed and they got what they were fighting for: their freedom. Former KGB Lieutenant Colonel Vladimir Popov, who left Russia in 1996 and now lives in Canada, was one of those who had worked all his life for the KGB and was responsible for the sport sector of the USSR. It is only now for the first time that he has decided to tell the reader his story of the KGBs involvement in Soviet Sports. This is his first book, and it is not only full of sensations, but it also dares to name names of secret KGB agents previously known only as famous chess masters, sportsmen or sport officials. Just a few short years ago a book like this would have been unimaginable. Read this book. It is not only about chess. It is about glorious victory of the great chess masters over the forces of darkness. Packed with almost 100 basic, intermediate, and advanced exercises, Kettlebell Training, Second Edition, provides complete coverage on getting started with kettlebells, creating customized sport-specific routines, and conditioning the whole body

Men love shortcuts. If there's a way to accomplish a job quicker and more efficiently, they're all for it. That goes for work and working out. Now, new research shows that as little as 15 minutes of resistance training is just as effective in spiking a man's metabolism—his fat-burning furnace—as a workout lasting more than twice as long. All it takes is 15 minutes to

achieve lifelong results—and men are more likely to stick to an exercise plan if it's chopped down to those 15 minutes. The Men's Health Big Book of 15-Minute Workouts contains fast-paced circuit training and interval workouts that boost calorie burn, build muscle, and fry belly fat in half the time of regular workouts. Readers can choose from at-home, body-weight-only workouts and total-body barbell programs to exercises that target major muscle groups—the chest, arms, legs, and back—and sport-specific workouts. Other highlights include: - a special section of 15-minute core workouts to build a rock-hard six-pack - an eating plan with delicious meals that take 15 minutes or less to prepare - workouts for the office or when you're traveling and can't make it to the gym - hundreds of tips from America's best trainers, nutritionists, and exercise scientists

Based on painstaking, original research on subjects ranging from untrained folks to members of the Danish Olympic team, Viking Warrior Conditioning is a foolproof blueprint for achieving Olympian conditioning in record time-while simultaneously improving one's body composition dramatically. Kenneth Jay, the warrior sage equally at ease with a heavy kettlebell and with a force plate, shows you the way.-Pavel Tsatsouline, author of Enter the Kettlebell! Kenneth Jay has produced what may be the most eye-opening work on VO2max training available today. Jay begins by taking the reader through the fundamental scientific principles of top-level conditioning. His down-to-earth writing takes the abstractions of calculations and puts them into the tangibles of training. Continuing with a step-by-step description of his Viking Warrior Conditioning regimes, Jay walks the reader through the fine details of his method. His progression of kettlebell training regimens is designed to take you from weekend wanna-be to victorious Viking. Educational, entertaining, enlightening, and inspirational, Viking Warrior Conditioning is sure to be a well read and re-read part of any elite coach, trainer, athlete, or warrior's library!-Mark Cheng, L.Ac., Ph.D., Senior RKC, Contributing Editor: Black Belt Magazine If you want to understand the why and the how of kettlebell training for conditioning then this is the book! This is the guide to using the kettlebell for optimal VO2max conditioning. Kenneth Jay's protocols have benefited me and my clients greatly.-Brett Jones, Master RKC, CSCS, CK-FMSA great book by one of the best young minds in fitness. Against a bleak backdrop of fraudulent fitness product hucksters and in this era of No Brain - No Pain personal trainers, the Pain Dane does indeed have a brain- a big one -and this book is as welcome as a cool breeze ripping through a room full of stale cigar smoke.-Marty Gallagher, author of The Purposeful Primitive

Reprint of a fascinating old book that everyone who is interested in sports and athletics must read. Everything one should know about how one can gain unusually great strength, about the famous strongmen of the past and their training methods... By one of the absolutely best informed - the authentic strength training super-expert Earle Liederman. Buy this cool Strongman Workout Log for your Training, Workout to write every rep and every set down. It has 120

pages. 6x9 inches. Matte Cover. For everyone that is training in the gym. It is for Bodybuilders, Powerlifters, Weightlifters, Strongman and every other lifter that likes to track their progress. You can write down your exercises, sets, reps, weight and rest time. Also there are blanks where you can write down the date, your stats and your weight on the day. You can also track your cardio training. Perfect as a gift or present for Christmas or Birthday for every lifter.

Enough space is provided for writing down weights and reps, as well as extra info in every exercise, such as planned sets and reps, tempo and rest between sets. Simple, clear and easy to use. Our Workout Logbook is a well-thought, simple and handy tool for tracking your workouts, which made from high quality materials and with attention to details.

Features: Blank workout sheet Large size 8.5 x 11 inches Easy to clean Glossy cover Undated Pages

Created by two of the world leaders in the subject of strength training and power lifting, Andy Bolton and Pavel

Tsatsouline, Deadlift Dynamite is based on a lot of experience, knowledge and techniques. People gain access to proven strength techniques to perform enormous deadlifts along with speed and power building to ensure that they dominate any kind of hard core sport.

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