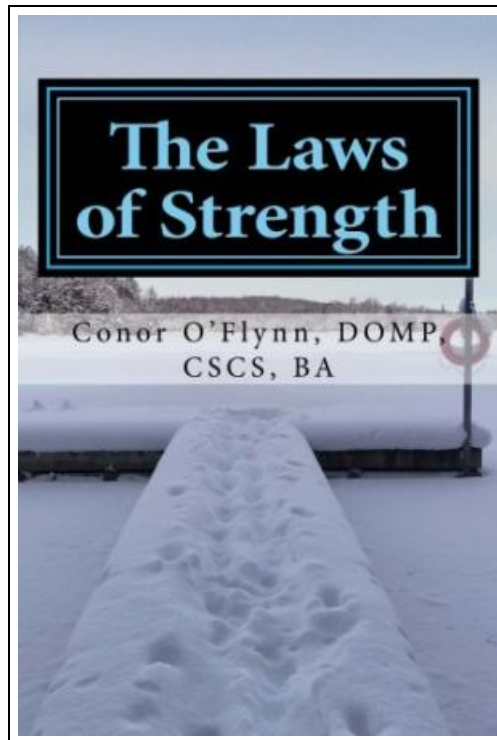


The Laws of Strength: Master Yourself Through Resistance Training (Paperback)



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Reviews

It is just one of my personal favorite books. I was able to comprehend every little thing out of this published e-publication. It is extremely difficult to leave it before concluding, once you begin to read the book.
(Isaac Olson)

THE LAWS OF STRENGTH: MASTER YOURSELF THROUGH RESISTANCE TRAINING (PAPERBACK)



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Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Training for physical strength is a pursuit that benefits the trainee well beyond physical measures. Quality of life, happiness, confidence, capability and even personal philosophy can be transformed through strength training. Despite the numerous advantages of training for strength, most people don't do it. Most people use the occasional fitness class, walking or running, or daily steps as their exercise. These methods are woefully inadequate; they won't prepare you for life. Others perform regular resistance training, but even competitors do it in a haphazard way. These people can make progress, but they need to understand the laws that govern their success to stay healthy and maintain their progress. The Laws of Strength is a book for everyone that needs to be stronger, while maintaining endurance, function and mobility. In short, it is a book for everyone. Experienced lifters and complete novices alike will benefit equally from learning the laws. Even more importantly, these lessons can be applied by anyone, at any age, with any amount of resources (gym equipment, time, and experience). The Laws of Strength are the foundation that allows for continual progress, in the gym and in life. Don't take another step on your journey without knowing exactly the methods and principles that will allow you to get strong, and stay strong forever. You can be born strong. You can get strong with misguided physical work. Only by learning the Laws can you hope to master yourself through Strength.



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