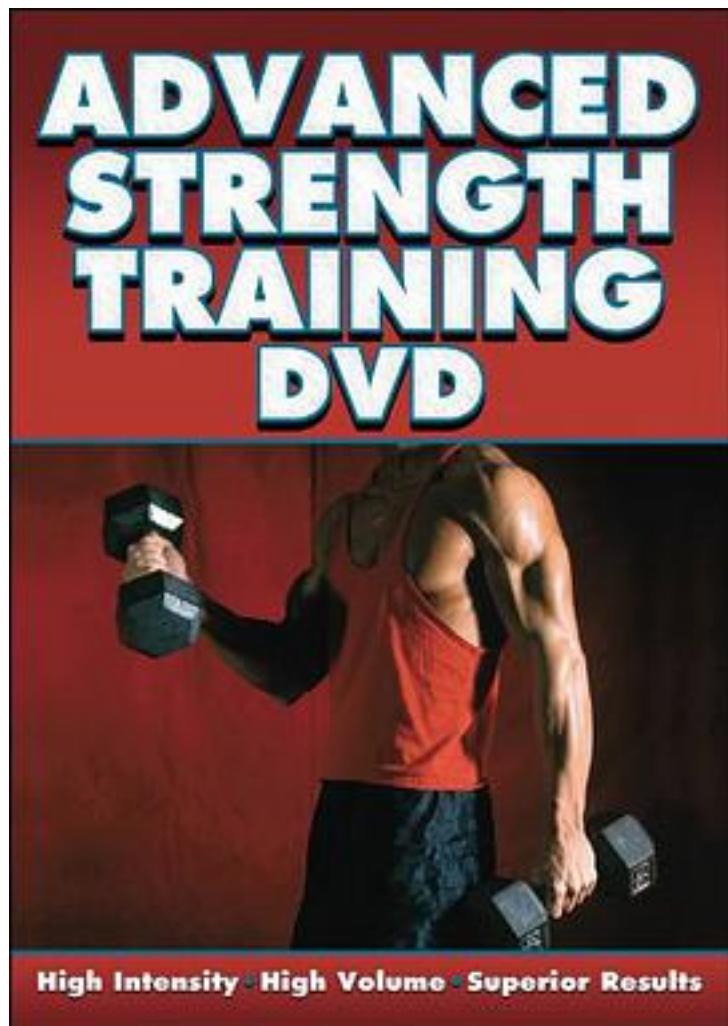


Advanced Strength Training



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Maximise strength gains with these scientifically proven training methods! Focusing on

techniques rather than specific exercises, the Advanced Strength Training Series will help personal trainers, athletes, coaches and fitness enthusiasts to design more effective strength training workouts, either for personal use or for athletes and clients. This DVD comprises three videos previously available separately: High-Intensity Training, High-Volume Training and Keys to Superior Strength.

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