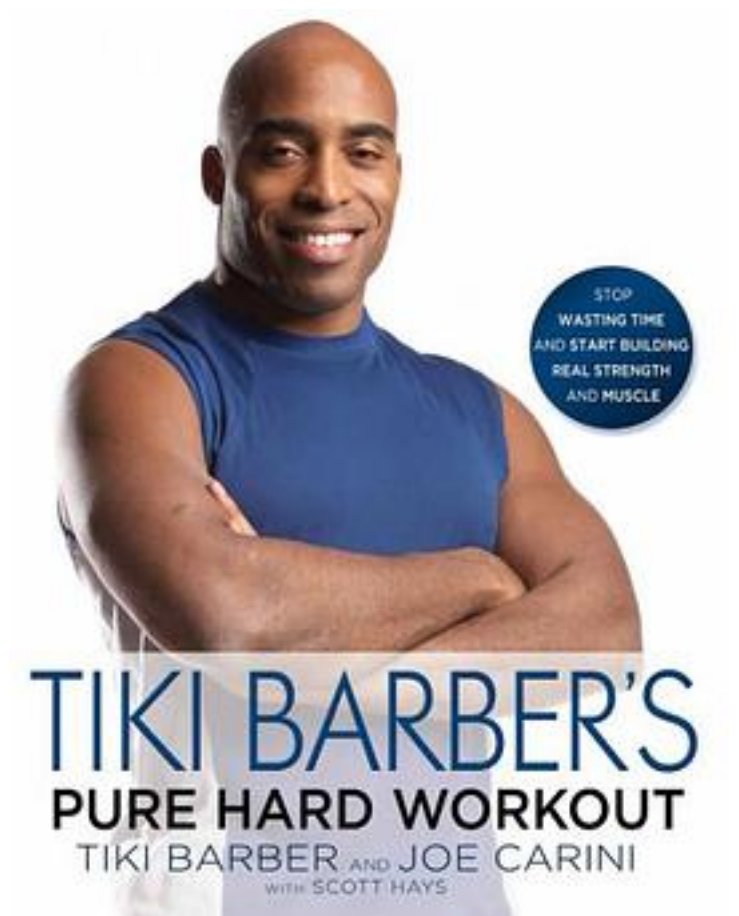


# Tiki Barber's Pure Hard Workout



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著者:Barber, Tiki/ Carini, Joe/ Hays, Scott

出版者:

出版时间:2008-11

装帧:

isbn:9781592403967

The former NFL great, now a Today show correspondent, teams up with his renowned trainer to reveal the phenomenal lifting program that made him a gridiron star.

As a running back for the New York Giants, Tiki Barber smashed team records and

made numerous Pro Bowl appearances. But when he first entered the league he was seen as too slight to be an every-down player, let alone a star. That all changed when he met Joe Carini, a mountain of a man with a powerful program for whole-body strengthening based on his experience as a champion powerlifter. After working with Joe, Tiki became pound-for-pound the strongest man in the NFL and a true force on the field. Now Tiki and Joe provide everyone with the strength secrets that led to such a dazzling career.

Tiki Barber’s Pure Hard Workout is based on a rigorous powerlifting regimen that shuns machines and returns to intense, basic lifts like squats and deadlifts. The ins and outs of stretching, warming up, and resistance-based cardio workouts are covered as well, along with nutrition advice for emphasizing muscle-building foods. The book’s design is just as unique as its contents, filled with three hundred exhilarating full-color photographs that capture Tiki performing each exercise, including Carini specials like the kettle bell pullover and the “Tiki bag.” In-depth instructions guide readers through the muscle groups and make it clear how to execute each move. And Tiki is living proof that you don’t have to be an NFL pro to stay motivated: Even after his departure from the game, he continues to make Joe’s plan his lifelong power program.

作者介绍:

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