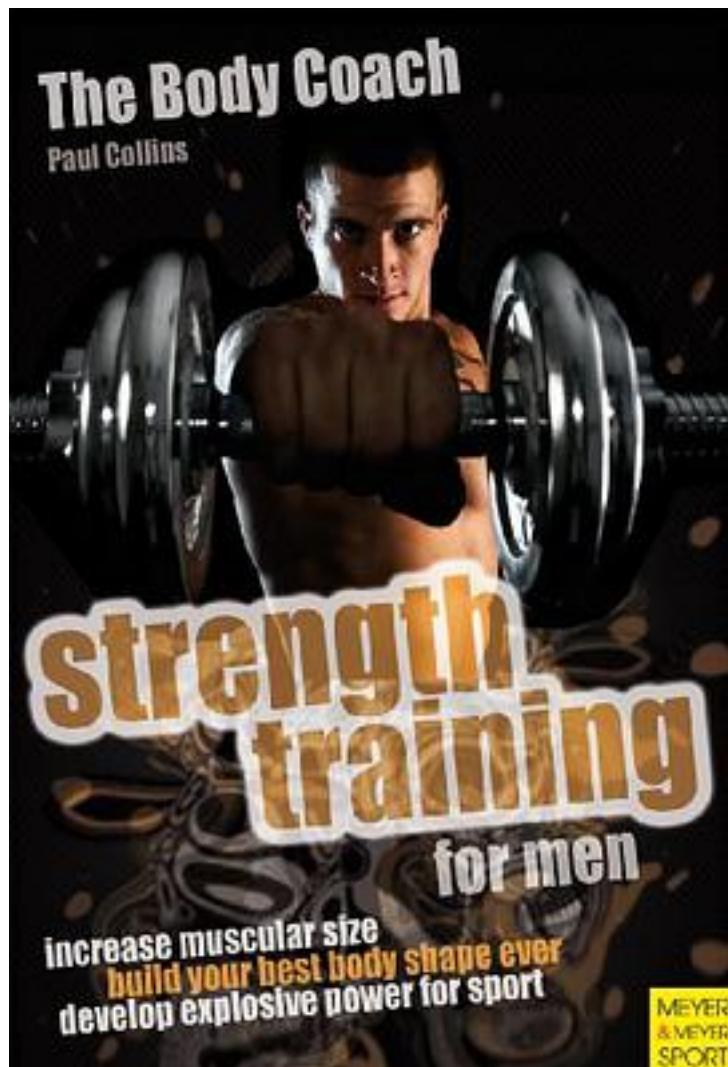


Strength Training for Men



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"Strength Training for Men" adds a new dimension to muscular development with its revolutionary 'Core-Power' Conversion Training System that takes the guesswork out of training and offers a unique learning experience for achieving the ultimate athletic body. "Strength Training for Men" conditions your body for muscular gains and increasing athletic performance. "The Body Coach[registered]", includes practical, easy-to-follow strength training routines that help guide you through basic lifting techniques to more advanced Olympic-lifting power progressions. The book is loaded with relevant information for any athlete, coach or trainer at any level. It contains all the fundamentals for building a safe, efficient strength training program, whilst sequencing exercises towards the development of explosive power through Paul's breakthrough Core-Strength to Power Conversion Training System. Best of all, each exercise and program is clearly and simply explained.

作者介绍:

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