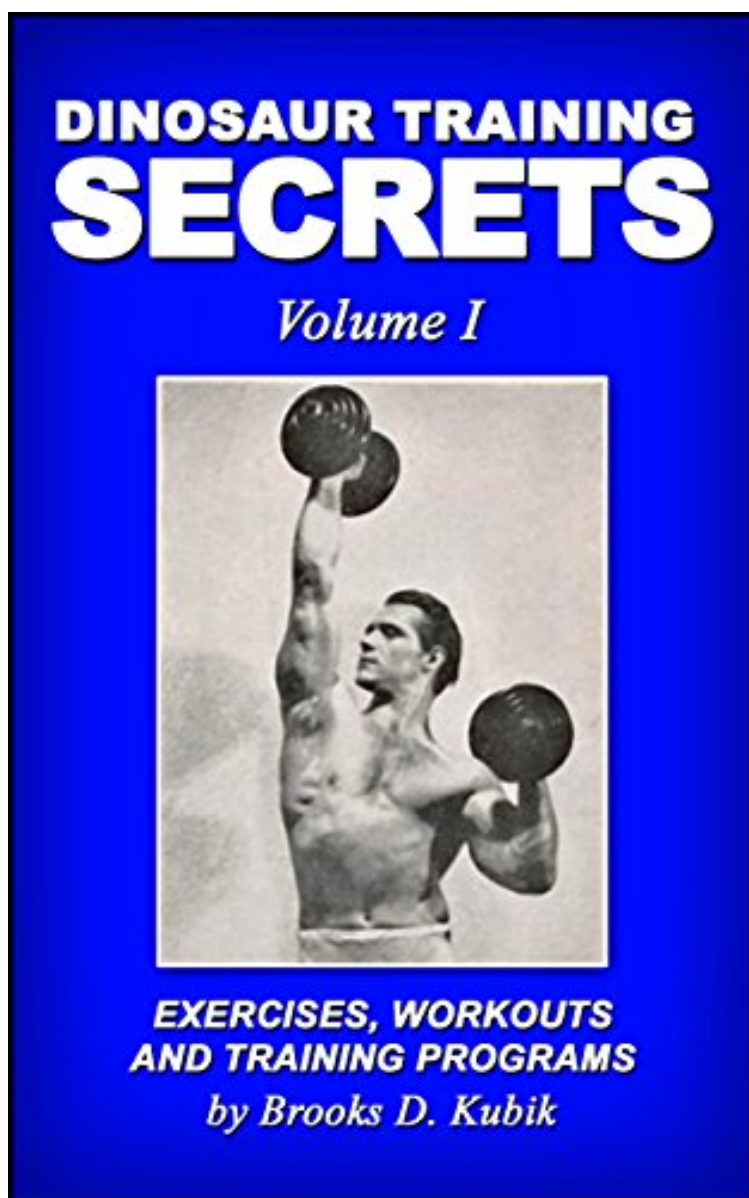


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Description :

Prsentation de l'diteurIn the early 1990's I began writing for Stuart McRobert's Hardgainer magazine. In 1996, I published Dinosaur Training: Lost Secrets of Strength and Development. Since then, I've written and published more than 20 books and courses and written thousands of blog posts and articles on strength

training, muscle building, weightlifting and Iron Game history, famous strongmen and how they trained, diet, nutrition, and the all-important mental aspects of strength training. I've edited and published close to 100 issues of The Dinosaur Files newsletter, which is now available in a journal-sized quarterly format, and I've put together over a dozen strength training DVD's. I've done close to 100 podcast interviews, delivered audio seminars, presented live seminars, and answered thousands of training questions from readers around the world. By conservative estimate, I've written well over one million words about strength training, muscle building and physical culture. I've done this and I continue to do it because I've made it my life's work to promote sane, sensible, result producing and effective strength training and muscle building and to teach and preserve the very best traditions of old-school physical culture. My goal is to teach as many people as possible about the kind of training that really works the kind of training that builds real-world strength, muscle and power, promotes life-long good health and develops the mind and the heart of a true champion. This book is the first in a series of books that will collect, collate and update all of the information in my other books, courses and articles. We're going to begin with a very important topic: the most effective exercises, and how to put them together into workouts and training programs that will build strength, muscle and power as rapidly and efficiently as possible. There is a wealth of valuable information in this book, and if you read, study and apply what you find within its pages, I have no doubt that you will enjoy great gains and rapid progress. I also believe that although your training will require plenty of hard work, you'll find your workouts to be fun and enjoyable. Human beings thrive when they meet and overcome challenges, and that makes old-school strength training an enormously rewarding activity for all of us.

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