



The Powerlifting Handbook: Practical Principles for Crushing PRs

John Gaglione

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With the growing popularity of barbell training gaining strength is becoming a more common goal for the masses. One might ask the question "How can I ensure I am doing everything in my power to get as strong possible in the most efficient way?" This book reveals everything someone needs to know to build a strength program that DELIVERS results! You'll get a complete X's and O's playbook on how to get stronger. No fluff, no theories that haven't been proven, just tried and tested principles and methods that have worked for ages. No longer be confused by the next training program that promises you strength. Fads come and go but the principles and methods found within this book are proven to work to add strength to all your major lifts, leading you to break your PRs time and time again. If you're looking to shatter some personal records, this is the guide to get you there.

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