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The Art of Lifting - Stronger by Science

I'd be bigger, leaner, stronger, and certainly carrying less injuries today But such is life Though, I am working on a time machine that could fix that problem Until I finish that contraption and take over the world, enjoy this book and read carefully If knowledge is power, this book is a nuke

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The Ultimate Off-Season Training Manual

from athletes who want the secret to getting bigger, leaner, faster, stronger, and more agile in the off-season They don't want to just improve; they want to dominate their competition when the next season arrives While I absolutely love their enthusiasm, dealing with these individuals can actually be extremely frustrating They all