



Power to the People! : Russian Strength Training Secrets for Every American

Pavel Tsatsouline

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How to get super strong without training to muscle failure or exhaustion
How to hack into your 'muscle software' and magnify your power and muscle definition
How to get super strong without putting on an ounce of weight
Or how to build massive muscles with a classified Soviet Special Forces workout
Why high rep training to the 'burn' is like a form of rigor mortis and what it really takes to develop spectacular muscle tone
How to mold your whole body into an off-planet rock with only two exercises
How to increase your bench press by ten pounds overnight
How to get a tremendous workout on the road without any equipment
How to design a world class body in your basement with \$150 worth of basic weights and in twenty minutes a day
How futuristic techniques can squeeze more horsepower out of your body-engine
How to maximize muscular tension for traffic-stopping muscular definition
How to minimize fatigue and get the most out of your strength training
How to ensure high energy after your workout
How to get stronger and harder without getting bigger
Why its safer to use free weights than machines
How to achieve massive muscles and awesome strength if that's what you want
What, how and when to eat for maximum gains
How to master the magic of effective exercise variation
The ultimate formula for strength
How to gain beyond your wildest dreams with less chance of injury
A high intensity, immediate gratification technique for massive strength gains
The eight most effective breathing habits for lifting weights
The secret that separates elite athletes from 'also-rans'
How to become super strong and live to tell about it

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