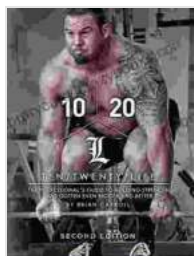


The Professional Guide To Building Strength Has Gotten Even Bigger And Better

The Professional Guide To Building Strength has been the go-to resource for fitness professionals and athletes for over 20 years. Now, in its fourth edition, it has been updated and expanded to include the latest research and training techniques, making it the most comprehensive resource available for anyone looking to improve their physique.



10/20/Life Second Edition: The Professional's guide to building strength has gotten even bigger and better

by Brian Carroll

★★★★☆ 4.7 out of 5

Language	: English
File size	: 11671 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 157 pages
Lending	: Enabled
X-Ray	: Enabled
Paperback	: 249 pages
Item Weight	: 14.3 ounces
Dimensions	: 6.69 x 0.59 x 9.61 inches



This book is not just a collection of exercises. It is a complete guide to building strength, from the basics of anatomy and physiology to advanced

training techniques. It covers everything you need to know to get started, including:

- How to choose the right exercises
- How to design a training program
- How to progress your training
- How to recover from your workouts
- How to avoid injuries

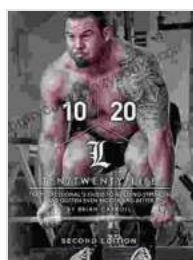
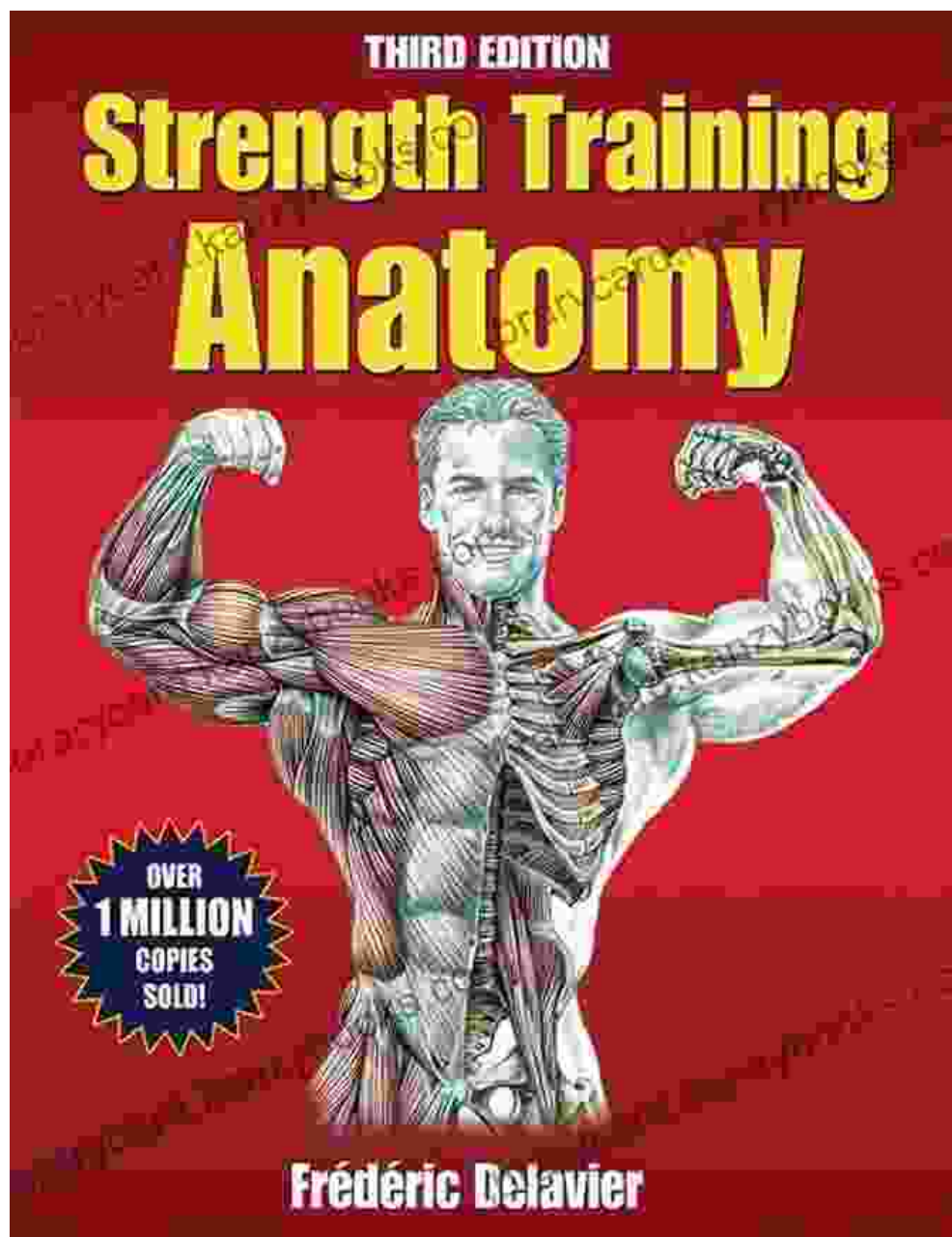
The fourth edition of The Professional Guide To Building Strength includes over 100 new pages of content, including:

- A new chapter on nutrition for strength training
- A new chapter on training for specific sports
- A new chapter on advanced training techniques
- Hundreds of new exercises and variations

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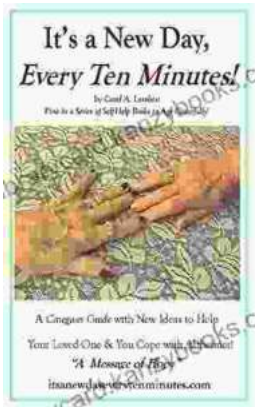
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