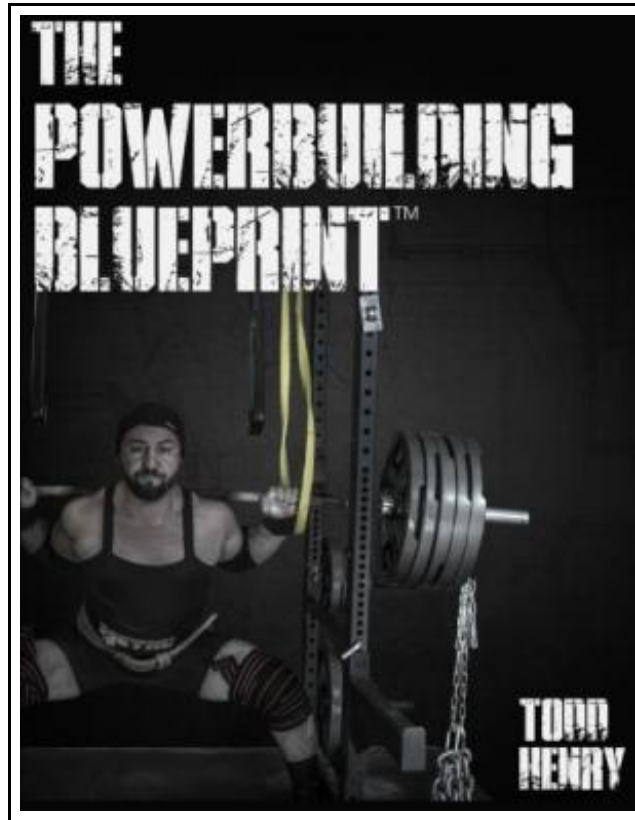


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Createspace, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Strength training has become a divided activity. Bodybuilding, powerlifting, cross fit, Olympic weightlifting, you name it. Where there is a category, there are respective silos with entire communities, industries and rules institutionalizing it. Somewhere along the way, specific goals and agendas diluted the overall benefits of simple, effective weight training and the end result is an array of imbalanced lifters. Bodybuilders with superhuman physiques who can t squat 2x their body weight, powerlifters who can squat 4x body weight but can t tie their shoes, cross fitters with functional strength but the maximal strength of a retired marathon runner, and so on. The Powerbuilding Blueprint takes a step back from this nonsense and outlines a training method, a blueprint, for using basic, multi-joint movements to build maximal strength, and various assistance and accessory (isolation) lifts to stimulate hypertrophy, together. More basically, it combines the most effective training strategies for powerlifting and bodybuilding, in each workout, to maximize muscle size and strength gains from your time spent in the gym. It also produces incredibly well-rounded strength athletes.

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