



The Secrets of Super Strength: Strength Training for All Levels.

By Mr T J Oflaherty

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 72 pages. Dimensions: 8.9in. x 5.8in. x 0.3in. There are many elements which affect strength and power. This book covers every element. There are techniques for building strength which can help the average person double or even triple their strength. The strength techniques can also aid athletes who need to increase their speed, power and strength. Basketball players, rugby players, football players or any sports person who needs to improve these areas of their game will benefit from reading this book. The book covers every area that impacts strength development. Men and women can build a great base of core stability strength without gaining large amounts of muscle and size because the book provides tips on diet and nutrition for building strength without lots of mass and size. For many people functional strength and power is more important than being big and muscular and this book is ideal for them. This item ships from La Vergne, TN. Paperback.



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