



## Train with Your Brain

By Doc Steve Marks

Taylor and Seale Publishers, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Train with Your Brain is an interesting, no-nonsense logical look at the often confusing practice of strength and conditioning training. It bypasses all the myths, anecdotes, fiction, and even outright lies that are so common in the field due to commercial considerations. With over 50 years spent in the gym community and over 40 working, teaching, and training, the author offers insight into a truly productive and logical approach to all the efforts so many waste in the process. High Intensity/Low Force training will offer you a logical and productive, as well as safe way, to up your results in half the time.



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