

[Free PDF File] Jailhouse Strong



Josh Bryant and Adam benShea

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Tired of all the latest exercise advancements delivering no results? For less than the cost of a day pass to any trendy chain gym, you can get Jailhouse Strong. With innovation and dedication prisoners make incredible strength gains. Jailhouse Strong offers functional strength training with a workout system that is based on the training habits cultivated behind bars. Through interviews with personalities ranging from a former Mr. Olympia, who started lifting behind bars, to a co-founder of the Crips Street gang, Jailhouse Strong describes the workouts prisoners use to become lean and powerful. Jailhouse Strong includes programs for lifting, bodyweight movements, and conditioning with unarmed combat techniques. The workouts require minimal cost, equipment, time, and space and they can be done at home, in a hotel, or just about anywhere. Whether you are doing 1025 or working 9-5, Jailhouse Strong can fit into your schedule because Jailhouse Strong provides the fitness habits that are crucial for getting strong and for maintaining a level of emotional balance amidst the volatile reality found on both sides of prison walls.

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