



The Purposeful Primitive: From Fat and Flaccid to Lean and Powerful: Using Primordial Laws of Fitness to Trigger Inevitable, Lasting and Dramatic Physical Change

By Marty Gallagher

Dragon Door Publications. Paperback. Book Condition: New. Paperback. 496 pages. Dimensions: 10.5in. x 8.2in. x 1.0in. Foreword by Pavel Thinking Simply and Seeing Clearly I Prometheus The Purposeful Primitives There Is No School Like Old School Standing On the Shoulders of Giants Iron Masters Paul Anderson Primitive Patriarch Bill Pearl Anti-Aging Role Model Bob Bednarski Iron Icarus Hugh Cassidy Iron Master Renaissance Man Eat Your Way Through Sticking Points! Lift Big, Eat Big, Rest Big, Grow Big! Mark Chaillet Powerlifting Ultra Minimalist How Little can you do and still get Super Strong Doug Furnas The Athletes Athlete Near Death Experience Leads to Iron Introduction Dennis Wright: Simplistic Genius Coaching Coan, Furnas and Chaillet Simultaneously Ed Coan The Greatest Powerlifter Of All Time. . . How the Greatest Powerlifter in History Trained Ken Fantano Power Theoretician Powerlifting Architecture Dorian Yates The Iron Monk Bodybuilding, Blood and Guts Style Kirk Karwoski Prototypical Purposeful Primitive Iron Methods The Purposefully Primitive Resistance Training Amalgamation What the Iron Masters Have in Common How to Build Muscle Primary Exercises Secondary Exercises Tertiary Exercises Auxiliary Exercises Two Day A Week Training Three Day A Week Training Four Day A Week Training Five Day A Week Training Six Day...

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