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Men's Health Power Training: Build Bigger, Stronger Muscles Through Performance-Based Conditioning eBook: Dos Remedios, Robert, Editors of Men's Health Magazi, Boyle, Michael: Amazon.co.uk: Kindle Store

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To build strength, it's smarter to alternate 3-week cycles within 12-week training periods, an approach called periodization. Say, for example, you're accustomed to bench-pressing 150 pounds for 3...

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This Men's Health Power Rig is the center piece for a full home gym set up. Use with your own barbell or the Men's Health Barbell (836/1765) for squats and shoulder presses. Add in a workout bench (760/3259) for a variety of chest presses, and the MH pulley and accessories (814/6739) for a full range of cable exercises.

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Work your core and upper body with this versatile power tower. The multi-grip pull up bar allows you to complete a variety of pull up and chin up variations, while the VKR (Vertical Knee Raise) pad and grips let you work your core with knee and leg raises.

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“ Training for power develops the fast-twitch muscle fibers and the nervous system so they can generate all those explosive movements that make top-end athletes worth the money they ’ re paid. ”

~~How to Train for Muscle Power – Men's Journal: Health ...~~

Power Training Book | <http://amzn.to/2IJ71ZS> Amazon Support link | <https://goo.gl/2q5h14> It doesn't cost you a thing! If you use amazon, just click the link ...

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