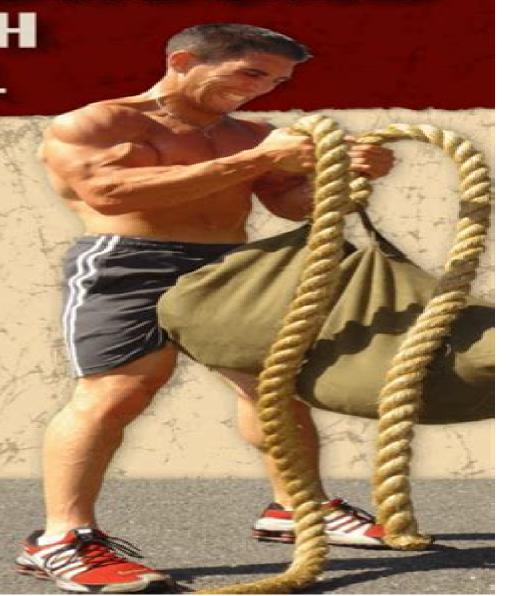
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MANUAL

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FOR
BUILDING
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Underground Strength Training Manual

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Underground Strength Training Manual:

The Encyclopedia of Underground Strength & Conditioning Zach Even - Esh,2023-10-02 The Encyclopedia of Underground Strength Conditioning is part autobiography and part training manual authored by Zach Even Esh The book covers bodyweight gymnastics training for athletes kettlebell training barbell strength training tire training battle ropes sandbag training kegs training odd objects and sleds This book is a blend of old school strength training methods and modern day program design to help you transform yourself or others if you re a Coach you will transform the athletes you train

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