



Powerlifting

By Dan Austin

Human Kinetics. Paperback. Condition: New. 224 pages. Dimensions: 10.7in. x 8.5in. x 0.6in. Powerlifting. The name says it all: strength, power, intensity, concentration, determination. The sports physical and mental demands are unlike any other, as are its athletes who must always be committed and focused on success. Now, hall of fame and nine-time world powerlifting champion Dan Austin has teamed with strength and conditioning expert Dr. Bryan Mann to create the sports most comprehensive resource. Powerlifting breaks down every aspect of the sport, including fueling, preparation, and execution of the three primary lifts: bench press, squat, and deadlift. This hard-core guide includes more than 100 of the most effective exercises to enhance the three power movements, proven mental strategies, sample programs, and periodization plans for increasing absolute strength, power, and flexibility. The authors also share their secrets for preparing for competition, optimizing training, avoiding injuries, and advancing through the ranks. Whether you're serious about powerlifting or simply seeking a proven approach for developing strength and power from one of the most accomplished athletes in the sport, Powerlifting is a must-have. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



READ ONLINE
[2.83 MB]

Reviews

Very good e-book and beneficial one. I am quite late in start reading this one, but better then never. I am effortlessly could get a pleasure of looking at a written book.

-- **Alphonso Beahan**

Without doubt, this is actually the greatest work by any writer. It is actually written in simple terms instead of confusing. I found out this ebook from my i and dad recommended this pdf to understand.

-- **Kristy Dicki**