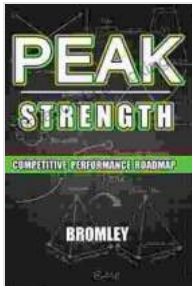


Peak Strength: Competitive Performance Roadmap Base Strength



Peak Strength: Competitive Performance Roadmap ("Base Strength" Book #2) by John Feinstein

★★★★☆ 4.9 out of 5

Language	: English
File size	: 3816 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 204 pages
Lending	: Enabled



Are you ready to take your strength training to the next level? With Peak Strength: Competitive Performance Roadmap Base Strength, you'll learn everything you need to know to build a rock-solid foundation of strength that will help you reach your competitive goals.

This comprehensive guide covers everything from the basics of strength training to advanced techniques used by elite athletes. You'll learn how to:

- Develop a personalized strength training program
- Choose the right exercises for your goals
- Progress your training safely and effectively
- Recover from workouts quickly and efficiently

- And much more!

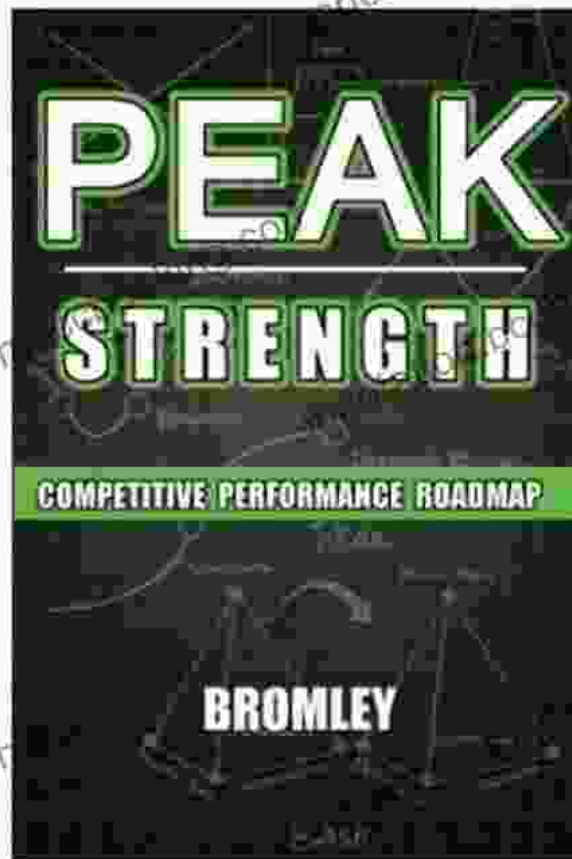
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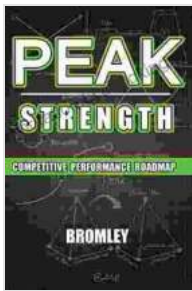
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About the Author

Maximus Iron is a certified strength and conditioning specialist and has been helping athletes of all levels improve their performance for over 20 years. He is the author of several books on strength training, including Peak Strength: Competitive Performance Roadmap Base Strength.



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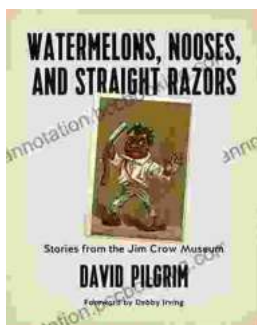
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