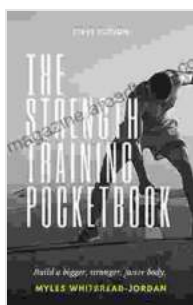


The Strength Training Pocketbook: Your Ultimate Guide to Building Strength and Power

Are you ready to take your strength training to the next level? Look no further than The Strength Training Pocketbook, the definitive guide to building strength and power.



The Strength Training Pocketbook by Myles Whitbread-Jordan

★★★★★ 5 out of 5

Language	: English
File size	: 1229 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 49 pages
Lending	: Enabled



Written by renowned strength coach Myles Whitbread Jordan, this book provides everything you need to know to get started with strength training, progress effectively, and achieve your fitness goals. Whether you're a beginner just starting out or an experienced lifter looking to take your training to the next level, The Strength Training Pocketbook has something for you.

Inside, you'll find:

- A comprehensive to strength training, including the benefits, risks, and how to get started
- Step-by-step instructions for over 100 exercises, with photos and detailed descriptions
- Sample workouts for all levels of fitness, from beginner to advanced
- Advice on nutrition, recovery, and injury prevention
- And much more!

With The Strength Training Pocketbook, you'll have everything you need to build strength, power, and muscle. So what are you waiting for? Free Download your copy today and start your journey to a stronger, fitter you!

About the Author

Myles Whitbread Jordan is a world-renowned strength coach and author. He has coached athletes of all levels, from beginners to Olympians. He is the founder of the Strength Academy, one of the world's leading strength training facilities. Myles is also the author of several books on strength training, including The Strength Training Bible and The Bodybuilding Bible.

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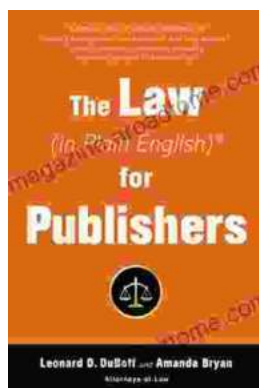


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