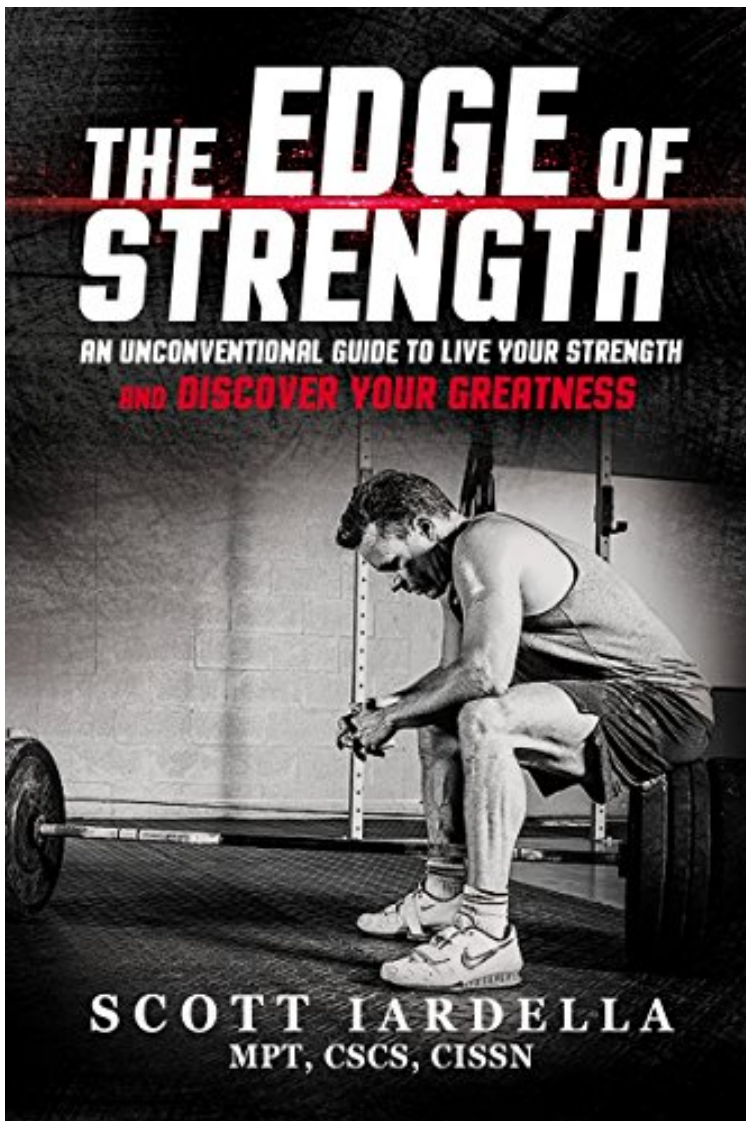


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# The Edge of Strength: An Unconventional Guide To Live Your Strength And Discover Your Greatness (English Edition)



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methodology of training through 30 years of diverse experiences. Learn why strength is the foundation for life and sport, learn how strong is strong enough with the 5 levels of strength, discover the essential rules and concepts for long term success, learn about a unique approach to progressive training with Strength Stacking, and discover a complete system to train stronger, smarter, and better. Bodyweight training, kettlebells, powerlifting, and Olympic lifting are key methods covered in this comprehensive book. You will have a deep understanding of why strength is your edge by reading The Edge of Strength.

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