

Add2board Pro 10

Lauren Gardner

Powerlifting Dan Austin, Bryan Mann, 2012-04-12 Powerlifting. The name says it all—strength, power, intensity, concentration, determination. The sport’s physical and mental demands are unlike any other, as are its athletes who must always be committed and focused on success. Now, hall of famer and nine-time world powerlifting champion Dan Austin has teamed with strength and conditioning expert Dr. Bryan Mann to create the sport’s 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.

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