



A Strong(er) Approach To Fitness

Dr. Michael R. Lewis

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This book is designed to provide the reader with a comprehensive exploration of physical fitness illustrating the importance of various strength training programs. This book shows the readers how to combine exercises into progressive strength programs, and how to apply intensity, volume, recovery and exercise sequencing for long term training goals. This book also describes the big three core lifts: squat, bench press and deadlift, plus many other strength training programs and techniques.

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