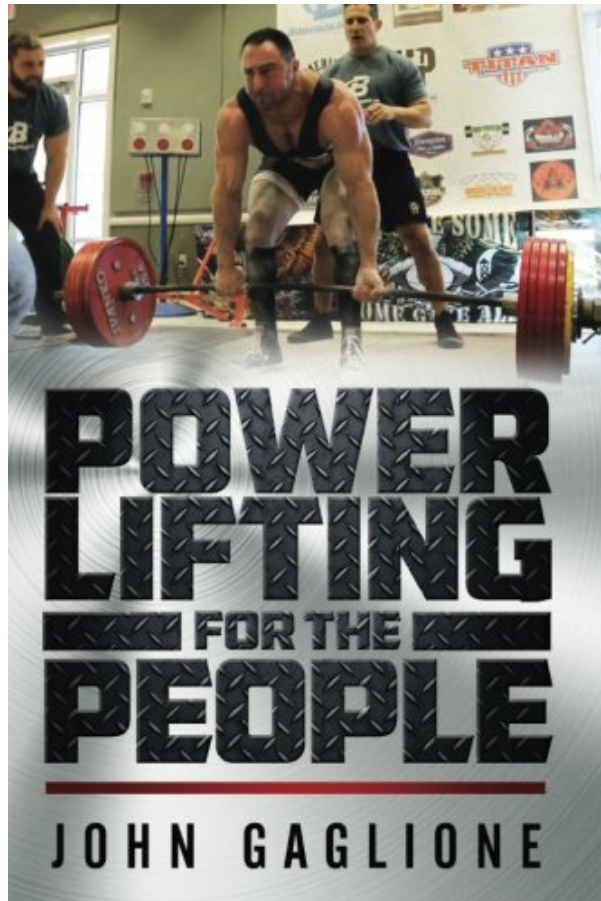
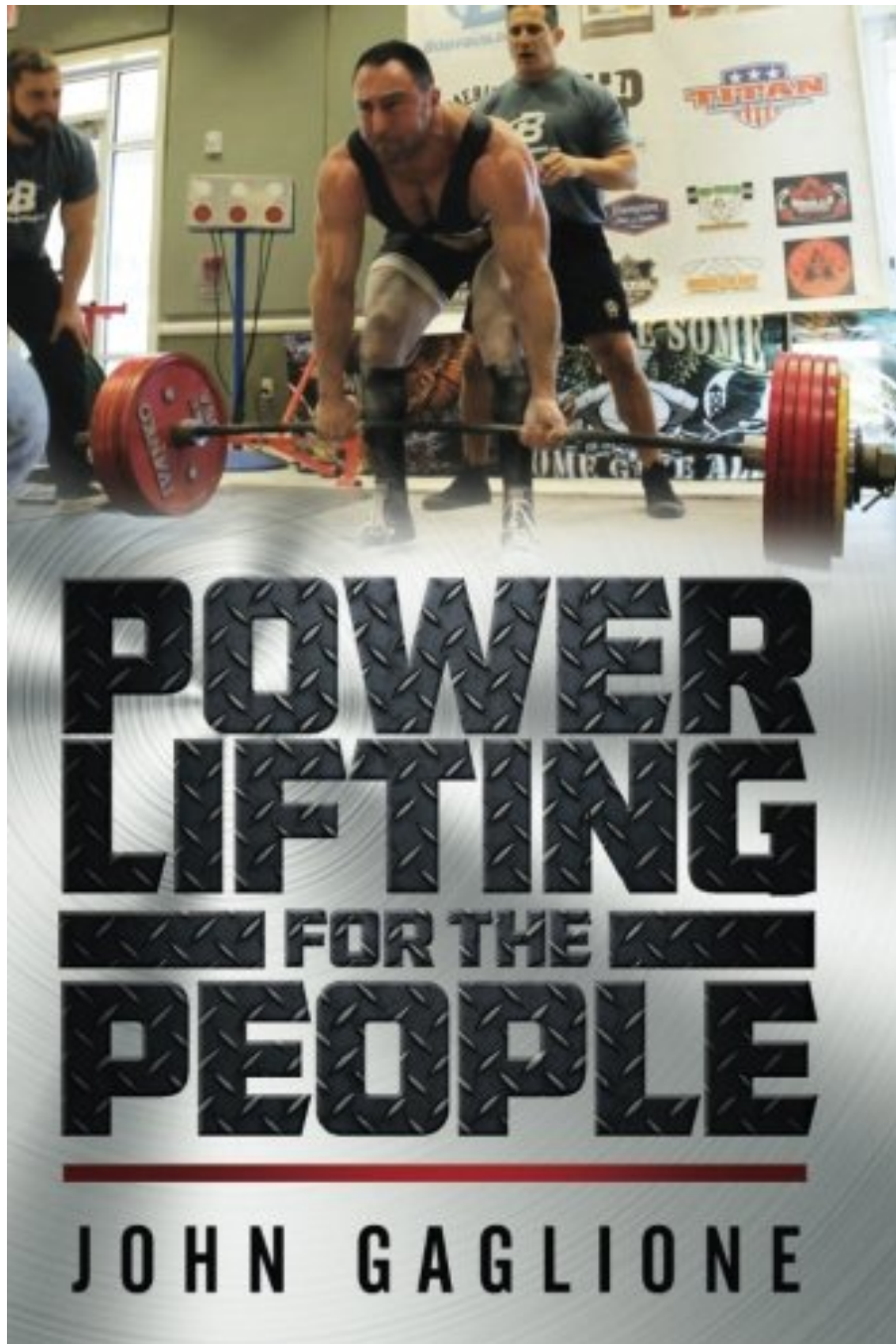


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PDF

Powerlifting has been a sport that many have attributed big out of shape meatheads who are only interested in pushing big weights around, until now. This book written by strength coach John Gaglione shows how powerlifting is much more than just pushing heavy weights, but how it can help you reach your desire health and fitness goals despite your age, your gender, or previous training background. You'll discover how you can build muscle, get rid of unwanted fat, boost your self confidence, and so much more by using powerlifting.

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- Original language: English
- Dimensions: 9.00" h x .25" w x 6.00" l,
- Binding: Paperback
- 100 pages

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A Truly Motivating Read!

By Nick benerakis

A really great read detailing all the benefits and uses for Powerlifting training. This book is an excellent resource for someone thinking about adding powerlifting training into their regimen to enhanced their fitness or athletic goals. Really enjoyed the inspiring testimonials scattered throughout the book, they are a great source of motivation for anyone and really bring to light how the 3 powerlifts can change lives. You can tell Coach Gaglione has a strong passion for the sport and its contagious while reading his book. I recommend everyone give this a read whether you are a seasoned lifter or just starting out. Happy to have this unique work in my bookshelf

0 of 0 people found the following review helpful.

it's great to see him put something out that shows the ...

By James

Coach Gaglione really knows what he's talking about; it's great to see him put something out that shows the large umbrella of benefits to powerlifting that go far beyond what most people think of the sport. Everyone from division 1 athletes to the middle aged soccer mom can benefit from building strength and power through powerlifting and Gaglione does a great job of showing that.

0 of 0 people found the following review helpful.

Excellent !

By Laura M. Paul

I loved how this book included many testimonials from a variety of people, young , old , athletic or no athletic background. It shows how powerlifting is not just for men and not just for someone who already has lifting experience. For anyone who might be interested in starting powerlifting , I think this book would be

great to read before you get started.

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