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sport ever." - Jack Niles (Powerlifter, Strongman and Coach) "All About Powerlifting" is great for just about any lifter, but will take 5 years off the learning curve of a new powerlifter trying to figure the sport out. I could not recommend it more highly. Buy the book - All About Powerlifting Powerlifting is a sport that tests your constitution, discipline, dedication, and pushes your body to its limits while yielding great physical results at the same time. Powerlifting is helping athletes of today reach new heights and shatter records previously believed like lifting weights, if you want to learn more about strength training - you will love this book. All About Powerlifting by Tim Henriques The name of the book describes itself. Dan Austin who has become world's powerlifting champion nine times and Dr. Bryan Mann, A strength expert have written this book which is all about powerlifting. Powerlifting consists of three primary lifts i.e. Bench Press, Squat and deadlift. Best Powerlifting Books All Beginners Should Read All About Powerlifting by Tim Henriques. All About Powerlifting goes into great detail on how to correctly

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About Powerlifting and she has been a mainstay in the sport for over a decade. She is extremely nice, genuine, and always willing to share her knowledge with her fans. Powerlifting for Women - All About powerlifting Here are some All-Time Powerlifting World Records along with a few other videos of contested lifts thrown in for good measure. * Ray's record is also the

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The name of the book describes itself. Dan Austin who has become world's powerlifting champion nine times and Dr. Bryan Mann, A strength

expert have written this book which is all about powerlifting. Powerlifting consists of three primary lifts i.e. Bench Press, Squat and deadlift.

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"This book may go down in history as the most complete guide to the sport ever." - Jack Niles (Powerlifter, Strongman and Coach) "All About Powerlifting" is great for just about any lifter, but will take 5 years off the learning curve of a new powerlifter trying to figure the sport out. I could not recommend it more highly.

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It takes a coach-led, athlete-centred approach that is intended to empower the individual, promote excellence and facilitate personal fulfilment within the sport of powerlifting. The book is divided into three sections; Part One examines and unpicks the three powerlifting lifts of the squat, bench press and deadlift and discusses the skills and techniques

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Powerlifting by Tim Henriques This reference book has taken the instruction of powerlifting to an entirely new level. All coaches should have this as their main resource guide and all athletes need to study this at all facets of their training! Incredible writing style and nothing has been left to chance. An incredible book! **Amazon.com : All About Powerlifting eBook: Tim Henriques ...** All About

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