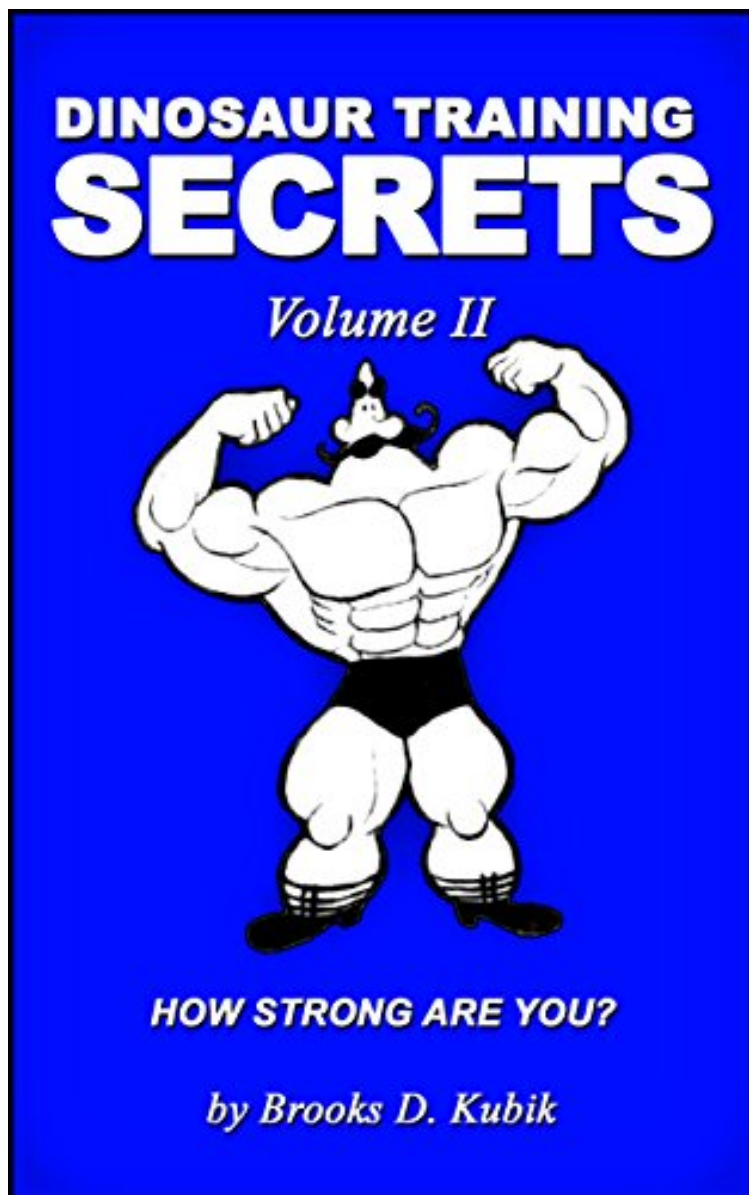


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Description :

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goldmine of practical, no-nonsense information that you can use to design productive, effective workouts to build maximum levels of strength, muscle and power. This course covers an equally fascinating topic how to measure your strength against other drug-free trainees, and how to compare your strength and power against the great strongmen, bodybuilders and weightlifters of the past. Presentation de l'diteur This course is the second in a continuing series of courses covering different aspects of Dinosaur Training meaning that we're going to cover old school, drug-free strength training and muscle building. I'm going to publish a number of these courses throughout the year in 2015 and 2016. Each course will drill down deep into a specific aspect of no-nonsense, real world strength training and muscle-building. Course no. 1 in the series covers exercises, workouts and training programs, and gives you a goldmine of practical, no-nonsense information that you can use to design productive, effective workouts to build maximum levels of strength, muscle and power. This course covers an equally fascinating topic how to measure your strength against other drug-free trainees, and how to compare your strength and power against the great strongmen, bodybuilders and weightlifters of the past.