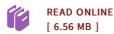




## Core Powerlifting Training Guide for Fast Muscle Power Building Raw and Natural Muscle Power Training Volume 2

By Laszlo Ramenensky

CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 136 pages. Dimensions: 8.5in. x 5.5in. x 0.3in.BAD NEWS I cannot teach you everything because I am not in a gym with you. I do not see your body movements and position and you cant see mine. Books about lifting techniques are NOT sufficient and not what you need in order to gain immense muscle power . GOOD NEWS Yet, I can help you with everything else and this book will make you boost your muscle strength and power building very much. I share with you everything I know here, and this information will help you accelerate your powerlifting advancement immensely, that I guarantee you With this opening message, Laszlo is sure everyone who has to understand will understand. His powerlifting and life philosophy is extremely down to earth and practical. He doesnt want to hide behind the fancy titles or words. In final meeting about what to write as introduction for this book he finally told to the team of publishers: I know you want to do good. I know! But powelifting is not an ordinary theme and I know these simple lines about Good and...



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