



The Encyclopedia of Underground Strength and Conditioning How to Get Stronger and Tougher-- In the Gym and in Life--Using the Training Secrets of the Athletic Elite

Zach Even-Esh

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Some of the world's toughest--and most successful--men have endorsed Zach Even-Esh's Encyclopedia of Underground Strength and Conditioning as a must-have, go-to resource for developing the supreme athletic durability, multi-functional strength and spiritual fortitude they most prize...Men like JOE DE SENA, founder of The Spartan Race, the warrior-athlete CDR MARK DIVINE, founder of SEALFIT, and strength coach and powerlifting world champion MARTY GALLAGHER. The inspirational life lessons shared in this book along with these training methods are what make this book powerful and timeless. If there's a hardcore, super-functional tool or tactic for maximizing strength, speed or muscle, it's here--bodyweight, kettlebells, barbells, tires, ropes, sandbags, kegs and sleds. The bodyweight section alone is worth more than the price of the book--it's a 'must read' for calisthenics fans. No book combines the old-school methods of strength training and muscle-building with the new science of performance enhancement and athletic conditioning better than The Encyclopedia of Underground Strength and Conditioning. And no author delivers his knowledge with more heart and passion than Zach Even-Esh. This 'bible of strength' is an inspiring must-read for every athlete, coach and fitness enthusiast of any age who wants to help themselves or others get an edge on the competition and become bigger, stronger, faster and tougher. Zach Even-Esh has filled his book with the kind of wisdom that can only be obtained from years in the trenches making mistakes and learning from them. Zach outlines techniques and tactics to build not only useable strength, but well-rounded athleticism that enhances performance and provides resilience from injury. The ultimate report card for a coach is results, not knowledge of theory. Zach gets results for real people. • Become the Total Athletic Package, with a farm boy's all-around power and a gladiator's whipcord resilience

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