

## The 5 to 5 Basic Barbell Training Program: A Simple Barbell Training Program for Strength, Power Lifting and Strongman. (Paperback)



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Createspace, United States, 2013. Paperback. Book Condition: New. 280 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. I've trained in and around gyms all my life but I've never been as strong or powerful as I am following this program. I've put on major muscle mass and as hard gainer that's very important to me. I've been told by other instructors I'm too small to bench or squat 200lb. that I'm too skinny. But with this Barbell training program and with sessions from Peter I'm well on the way to personal best 300lb lifts. This for me is a major improvement. Buy this program and you will see improvements A. Clarke I am not new to Barbell training or Barbell training programs, but this one was refreshing for me. It's high intensity and if you're willing to do the work on repeat doubles and singles then your poundage will sky rocket. If you can't get a session with Peter then buy this book, it won't replace him but you can at least do the program and improve your lifts. W.Harris-Power Lifter The 5 to 5 Basic Barbell Training Program-BUY NOW and smash your previous lifting best records just like many of my clients I've always been interested in Barbell training methods and I have a deep love of Barbell training as a whole. I came across variants of this program while studying pre 1960's Barbell training methods and designed this to explode my clients. I train using mostly a Barbell as done right I believe there is no better strength developer. Most of the assistance lifts in this program are also Barbell movements. The movement used in this...

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