



## King Squat: Rise to Power

By Yarnell, Mr Dave

CreateSpace Independent Publishing Platform, 2010. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: Learn how the squat became the "King" of strength exercises during the twentieth century, with loads of routines from Old School greats to present day gurus. This 337 pg. book is filled with text and illustrations on squat variations, equipment, methods used over the last century, as well as lots of additional strength building basics for the entire body. Learn secrets from Milo Steinborn to Louie Simmons and including a host of others in between. Have you been lead to think the good old fashioned barbell squat is unnecessary and that it has been replaced by the leg press or some machine? That it is dangerous or unproductive? If so, You have been MISLED!! The squat has been & remains the KING of all strength building & Mass Building exercises, bar none! Want to learn the ULTIMATE hard gainer routine that enabled Peary Rader to go from a 128 pound, 5 foot 10" weakling to National Weightlifting Champion? Even if you are an ectomorph type and have struggled to gain even a pound, this program will pack on the quality pounds of muscle...



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