

The Powerlifting Program Design Manual Edition: The Ultimate Guide to Creating Effective Powerlifting Programs



The Powerlifting Program Design Manual Kindle Edition

by Richard A. Schoenherr

★★★★★ 5 out of 5

Language : English
File size : 27949 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 280 pages
Lending : Enabled



Powerlifting is a demanding sport that requires a high level of strength, power, and endurance. To achieve success in powerlifting, it is essential to have a well-designed training program. The Powerlifting Program Design Manual Edition is the ultimate guide to creating effective powerlifting programs. Written by world-renowned powerlifting coach Andy Bolton, this book provides everything you need to know to design programs that will help you reach your full potential.

What's Inside the Powerlifting Program Design Manual Edition?

The Powerlifting Program Design Manual Edition covers everything you need to know to design effective powerlifting programs, including:

- The principles of powerlifting program design
- How to assess your needs and goals
- How to choose the right exercises
- How to structure your workouts
- How to progress your training
- How to recover from your training

Why Choose the Powerlifting Program Design Manual Edition?

The Powerlifting Program Design Manual Edition is the best choice for anyone who wants to create effective powerlifting programs. Here are just a few of the reasons why:

- It is written by world-renowned powerlifting coach Andy Bolton.
- It covers everything you need to know to design effective powerlifting programs.
- It is easy to understand and follow.
- It is packed with valuable information.

Free Download Your Copy Today

The Powerlifting Program Design Manual Edition is available now. Free Download your copy today and start creating effective powerlifting programs that will help you reach your full potential.

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About the Author

Andy Bolton is a world-renowned powerlifting coach. He has coached some of the world's top powerlifters, including Ed Coan, Mark Henry, and Dave Tate. Bolton is also a former world record holder in the powerlifting squat and deadlift.



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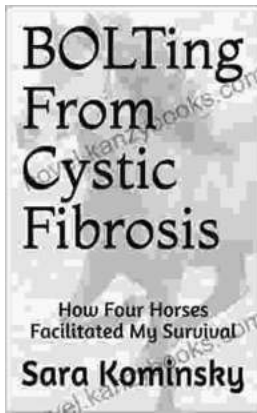
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