Strength Rules: How to Get Stronger Than Almost Anyone--And The Proven Plan to Make It Real

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How to Be Tough As Nails--Whatever You Do, Wherever You Go, Whenever You Need It. Want to get classically strong--in every dimension of your life--gut, heart and mind…? In other words, do you want to be: More than just gym-strong? More than just functionally strong? More than just sport-specifically strong? Do you demand instead to be: Tensile Strong? Versatile Strong? Pound-for-Pound Strong? The Ultimate Physical Dynamo? A Mental Powerhouse? Then welcome to Danny's World… the world of Strength Rules--where you can stand tall on a rock-solid foundation of classic strength principles…Arm-in-arm with a world leader in the modern calisthenics movement…Then… with Danny as your constant guide, grow taller and ever-stronger--in all aspects of your life and being--with a Master Blueprint of progressive calisthenic training where the sky's the limit on your possible progress…Do Danny's classical Strength Rules--and, for sure, you can own the keys to the strength kingdom… "I have been waiting for a book to be written on strength training that I can recommend to all of my patients, and Danny Kavadlo has delivered with Strength Rules. Danny has written a stripped down approach to strength that is accessible to everyone. He has distilled his wealth of knowledge and experience in coaching and bodyweight strength training into a program that is cohesive, scalable, and instantly applicable to all comers. He has also added a rock solid approach to nutrition and ample doses of inspirational story telling and philosophy, resulting in the gem that is Strength Rules. I dare anyone to read this book and still give me an excuse why they can't strengthen their body and improve their health. No excuses. Get the book and get to work!"--DR. CHRISTOPHER HARDY, author of Strong Medicine "Strength Rules is one of the finest books on strength I've ever read. No ifs, ands or buts. Not just 'bodyweight strength'--strength, period. If you want to learn how to unleash ferocious strength and power while also improving your health and ridding yourself of extra fat and joint pain, THIS is the book you need to own. If

you are a bodyweight master, this is the bible you will want to go back to again and again, to keep you on the straight and narrow. If you are raw beginner--then get this book right now, follow the rules, and save yourself years of wasted effort! Strength Rules is as good as it gets!--PAUL WADE, author of Convict Conditioning Almost every strength exercise comes down to the basics. Essentially, Squat, Push and Pull. These three broad, essential movements are the granddaddies of 'em all. Throw in some Flexion, Transverse Bends and Extension, and you've got yourself the tools for a lifetime of full body strength training. That's why the exercises contained in Strength Rules are divided into these few, broad categories. Everything else is a variation. There is no reason to overcomplicate it. The Strength Rules mission is to help anybody and everybody get in the best shape of their lives Strength Rules lays out the truth clearly and succinctly, giving you the tools you need to grow stronger and persevere in this mad world—with your head held high and your body lean and powerful… The exercise portion of Strength Rules (titled ACTIONS) is split into three levels: Basic Training (Starting Out), Beast Mode (Classic Strength) and Like A Boss (Advanced Moves). Naturally, not everyone will fall 100% into one of these groups for all exercises in all categories and that's fine. "Strength Rules by Danny Kavadlo is so good you can't ignore it. It's minimalistic. It's low tech. It's simple. It's right.