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Mass Made Simple

A Six-Week Journey Into Bulking

Mass Made Simple is a concise guidebook for muscle building with a program designed to increase strength in adult men who need to gain size for athletics. This book includes a six-week typeset training journal is heavy-weight and spiral bound to lay flat.

Original Strength *Xulon Press*

When you were a child, you had an amazingly strong, resilient and healthy body. The body you built through movement during the first several years of your life was meant to be the foundation from which you would continue to add strength, power and resiliency. Your body was meant to be strong, graceful, powerful, fluid, mobile and resilient. You were never meant to be broken, weak, fragile, stiff or injured. You were never meant to just "fall apart" with age. You are supposed to be able to conquer mountains, and even playgrounds, well into your golden years. You are supposed to enjoy this life with vitality. But, many of us do not. Many of us are just watching life go by. We have lost our

way. We have lost our foundation. Our sedentary lifestyles have robbed us of the foundation and the joy of movement that we built as children. Because of this, we have lost our strength, our health, our resiliency and our vitality. Thankfully, we were indeed made to move. Through movement, specific movements, we can regain our foundation of strength, our foundation of health. We can become the strong, powerful, and graceful bodies that we were meant to be. We can enjoy this life with vitality. We don't have to be spectators, merely existing. We were made for adventure, for life! We can regain our Original Strength - our foundation. We can help our bodies remember how to move again and in doing so, we can become strong, healthy and resilient; like we were meant to be. We invite you to join us and regain the body you were always meant to have: A body capable of enjoying life.

Never Let Go

A Philosophy of Lifting, Living and Learning

There are a Few People in every Profession Who Can Be Considered great at what they do, and a few who rise above greatness and approach legendary. In the fitness and conditioning world, Dan John is one of the greatest of all time. A true professional, and an expert in Every Sense of the Word: Dan John is a legend in this field. Alwyn Cosgrove, Alwyncosgrove.com After listening to Dan John Lecture Or Reading his work, I envy his athletes not only for the good fortune of receiving his coaching expertise, but also for the lessons that will carry them along through life. Dan is a common man, but an uncommon motivator.

Dave Tate, CEO elitefts.com Coach John is one of the premier instructors in the world of movement, strength and athleticism. His lectures on athletic training have revolutionized the thinking of thousands, and this new text, *Never Let Go*, will Set the standard in smarter, more productive training methods. Dr. Mark Cheng, L. Ac, Ph.D., RKC Team Leader

Intervention

Course Corrections for the Athlete and Trainer

You have two choices Be lucky enough in middle school, junior high or high school to be taught basic body movements and step-by-step instructions in the Olympic lifts, powerlifting, mobility, flexibility, kettlebell training & tumbling Apply Intervention

Fat Loss Happens on Monday *On Target Publications*

Nearly all diet and workout books are focused on the wrong things: They focus on WHAT instead of HOW. Yet the leanest people focus on how, on their eating habits, not on fad diets. Diets that rely on willpower and discipline fail. The path to results is made up of eleven small, simple, step-by-step habits. Rotating through phases of metabolic workouts, endurance workouts, and strength workouts yields the best fat-loss results. Josh Hillis and Dan John know these habit-based diet and workout hacks, and they teach them well.

The Hardstyle Kettlebell Challenge

A Fundamental Guide to Training for Strength and Power

Can You Go?

Assessments and Program Design for the Active Athlete and Everybody Else

Training people in sport as a coach or in fitness as a personal trainer is certainly rewarding work. But, there's a problem: What do we do next? There are countless books on diet and exercise, hundreds of machines, devices and gimmicks to train people, and new gadgets and gizmos are popping up daily. "Can You Go?" answers this question: What do we NEED to do next? Appropriate assessment leads to the appropriate answer. If there's a mobility issue, focus on mobility work. The same is true for body composition and strength; focus on what we need to do, not what we want to do. For the performance athlete, sometimes assessment can be the short, brutal and harsh question, "Can you go?" Lessons from this frankness can be learned by both the coach and trainer. The ill and the elite share the same basic body, and the job is to enhance performance and quality of life in every training situation.

Paleo Workouts For Dummies John Wiley & Sons

Paleo workouts that are heavy on results—and low on equipment investment Paleo Workouts For Dummies offers a program of back-to-the-Stone-Age exercises with specially designed workouts that burn fat, fight disease, and increase energy. The paleo workouts found in this step-by-step guide, promote sound activities with a strong emphasis on practicing and mastering fundamental/primitive human movements such as squats, hinges, pushes/pulls, sprints, crawls, and more. Paleo

Workouts For Dummies caters to the anti-gym crowd who want a convenient program that can be used anywhere, anytime. In addition, vital details on healthy Paleolithic foods that maximize energy levels for the intense workout routines are covered. Companion workout videos can be accessed, for free, at Dummies.com. The video content aids you in mastering paleo moves and techniques covered in the book. Offers a complete cardiovascular and strength workout. By focusing on the primal movements that humans evolved to perform, Paleo Workouts For Dummies is for anyone following a paleo diet routine as well as those curious about how to maximize their paleo workouts.

Before We Go

An Ongoing Philosophy of Lifting, Living and Learning

Power to the People!

Russian Strength Training Secrets for Every American Dragon Door Publications, Inc

How would you like to own a world class body—whatever your present condition—by doing only two exercises, for twenty minutes a day? A body so lean, ripped and powerful looking, you won't believe your own reflection when you catch yourself in the mirror. And what if you could do it without a single supplement, without having to waste your time at a gym and with only a 150 bucks of simple equipment? And how about not only being stronger than you've ever been in your life, but having higher energy and better performance in whatever you do? How would

you like to have an instant download of the world's absolutely most effective strength secrets? To possess exactly the same knowledge that created world-champion athletes-and the strongest bodies of their generation? Pavel Tsatsouline's *Power to the People!*-Russian Strength Training Secrets for Every American delivers all of this and more.

Body-building & Self-defense *Sterling Publishing (NY)*

Discusses souden tumbling and exercises to do to get you in shape for judo, ketsugo, and kiu-jitsu.

Kettlebell

A Simple Guide to Learn Kettlebell Exercises (The Ultimate Kettlebell Workouts for a Shredded Body)

The great thing about the kettlebell is that it allows you to perform resistance cardio. This means you are using cardiovascular training that increases your heartrate and helps you to burn fat. At the same time though, you are also lifting weight, which protects your muscle from breakdown and increases the challenge, thereby increasing the amount of calories burned and the amount of effort involved. What you will learn in this guide: - The benefits of kettlebells - How to purchase the right kettlebell - How to make your own kettlebell cheaply - The top kettlebell exercises that give you the best results - Learn the best workouts that provide high intensity that will make you a kettlebell machine! Enter kettlebell training. In this book, you'll learn how it can help you get ripped and shredded and, more importantly, how to start with the right set of kettlebells, i.e., the

right quality and weight. By the end of this short book, you'll be in a great position to start going for that ripped and shredded body you've always dreamed of using kettlebells. You have a great tool in your hands now. It's up to you if you'll use it to the hilt.

Habitual Strength *OS Press*

Habitual Strength is Tim Anderson's latest book. It is written for people who want to improve their health and live their lives better. Habitual Strength takes the reader through simple changes they can make in order to create good, daily habits of movement. It includes daily movement routines designed to return the body's God-given strength. There are even some grocery shopping tips aimed at building healthy habits of choice. After all, strength is habitual.

The Russian Kettlebell Challenge

Xtreme Fitness for Hard Living Comrades *Dragon Door Publications, Inc*

Both the Soviet Special Forces and numerous world-champion Soviet Olympic athletes used the ancient Russian Kettlebell as their secret weapon for extreme fitness. Thanks to the kettlebell's astonishing ability to turbo charge physical performance, these Soviet supermen creamed their opponents time-and-time-again, with inhuman displays of raw power and explosive strength. Now, former Spetznaz trainer, international fitness author and nationally ranked kettlebell lifter, Pavel Tsatsouline, delivers this secret Soviet weapon into your hands.

The Little Black Book of Training Wisdom

How to Train to Improve at Any Sport *Createspace Independent Publishing Platform*

Are you making the most of your training? In "The Little Black Book of Training Wisdom", Dr Dan Cleather challenges us to expect more from our training and demonstrates that dominant athletic prowess is built by working smarter not harder. He outlines the most common mistakes that people make in training and offers practical advice on how they can be avoided. "Dan cuts through the intellectual rubbish bin that has dominated our field for the last few decades and gives us clarity and insight." - Dan John, author of "Easy Strength" and "Never Let Go".

The Evolution of the Aging Self

The Societal Impact on the Aging Process *Springer Publishing Company*

The authors examine age-related changes and their impact upon the concept of self - sense of well-being, life satisfaction, perceived quality of life. Each chapter is followed by two expert commentaries. For teachers, researchers and graduates interested in the sociology and psychology of ageing.

The Journey to the West *Disruptive Pub*

Containing chapters 51-100 of China's best-loved work, in an edited, yet complete and wholly accurate translation for the Western reader. Travel with Monkey, Pig, Friar Sand and the Tang Priest as they continue their journey to India and finally attain the

scriptures. Volume 2 contains some of the most famous episodes from this classic, including Monkey's duel with the Princess Iron Fan.

Original Strength for the Tactical Athlete *OS Press*

The life of a Tactical Athlete can be physically straining. Serving their communities and country the real life situations they find themselves in do not offer warm-ups or stretching sessions before the action starts. There are no do-overs if something goes wrong. Having the ability to respond quickly and effectively, with a body and mind capable of "living to fight" another day, is of the utmost importance. Having a quality of life to share with their families during and after their careers, is of even more importance. Original Strength for the Tactical Athlete presents the basic concepts behind the Original Strength System and applies them towards the life of a Tactical Athlete with the goal of allowing them to live their lives to their fullest potential. Original Strength for the Tactical Athlete explores some of the Original Strength RESETS and how to apply the workouts geared specifically for Tactical Athletes. Author Chad Faulkner shares his personal journey about how the RESETS have benefited him as a soldier, and how they could have made an impact, earlier in his career. If you consider yourself a Tactical Athlete (police, fire, EMS, military, etc.), train them, or aspire to be one, this is the book for you.

Physiology of Strength *Pickle Partners Publishing*

First published in 1961, "[T]his book is the result of ten years of research and experiment in the problems of muscle strength and

muscle training at the Max-Planck-Institut für Arbeitsphysiologie, Dortmund, Germany supplemented by further work at the Lankenau Hospital, Division of Research, Philadelphia, Pennsylvania. There is provided the present status of these problems, and there is demonstrated how muscle strength may be built and maintained with a minimum of time and effort. "The methods used are adaptable, with suitable modification, to children, to average young people, to athletes in training, to sedentary workers and older persons who wish to maintain bodily strength, and to those who have undergone surgery and need rehabilitation of the muscle structure—in short, to anyone who wishes to develop and maintain good muscle tone. "A strong and well-built body not only has pleasing appearance, it permits the undertaking of arduous physical activities or active sports without undue fatigue, and with real enjoyment. "It is the author's hope that in this age of fast living and nervous tension, when there often seems neither time nor place for extensive exercise, this book will assist those who wish to maintain bodily strength and fitness—simply, at home, without elaborate equipment—on a do-it-yourself basis. It should prove of special benefit to teachers of physical education and rehabilitation."—THEODOR HETTINGER, M.D.

40 Years with a Whistle

Life Lessons from the Field of Play

"Taking stock of his 40 years of participating in and coaching sports and strength, Dan John compiles his most important lessons in this book of coaching tips"--

The Complete Keys to Progress *Ironmind Enterprises*

Starting Strength

Basic Barbell Training

Starting Strength: Basic Barbell Training is the new expanded version of the book that has been called "the best and most useful of fitness books." It picks up where Starting Strength: A Simple and Practical Guide for Coaching Beginners leaves off. With all new graphics and more than 750 illustrations, a more detailed analysis of the five most important exercises in the weight room, and a new chapter dealing with the most important assistance exercises, Basic Barbell Training offers the most complete examination in print of the most effective way to exercise.

Kettlebell Muscle

The Secrets of Compound Kettlebell Lifting for Faster, More Efficient Gains in Strength and Power

The Elements of Style *e-artnow*

The Elements of Style William Strunk concentrated on specific questions of usage—and the cultivation of good writing—with the recommendation "Make every word tell"; hence the 17th principle of composition is the simple instruction: "Omit needless words." The book was also listed as one of the 100 best and most influential books written in English since 1923 by Time in its 2011 list.

Mourning Remembrance

A Collection of Mocking Obituaries Ripped from the Deadlines *Createspace Independent Pub*

"There is nothing funnier than wrong when it is done right. Jim does it right." -- Marc Maron "That's Jim, the cloud guy. The guy whose book of fake obituaries has now made me unable to consider eating chicken again." -- Rachel Maddow Mourning Remembrance is a collection of mocking obituaries based on the lives, and deaths, of real people. It's 276 pages of relentless insensitivity for the whole family! Created by Jim Earl, Emmy and Peabody Award winning comedy writer and former staff writer at the Daily Show with Jon Stewart. Mourning Remembrance celebrates the legacies of all those dead individuals whose accomplishments spanned the spectrum from the harmlessly stupid, to the horribly evil, and helped transform our lives into the Orwellian nightmare it is today. Cover art by Tony Millionaire, and illustrated throughout by Nathan Smith.

Inside the Lion's Den *Tuttle Publishing*

Inside the Lion's Den is the remarkable story of Ken Shamrock's ascent to the top of reality martial combat. A legendary Mixed Martial Arts (MMA) fighter and former professional wrestler, Shamrock is an inspiration to thousands. This is the story of his rise from a troubled youth to champion in the ring in both America and Asia. The first "King of Pancrase" in the Japanese fighting circuit, and the first "Superfight Champion" of the Ultimate Fighting Championship (UFC), Shamrock also founded the Lion's Den in Northern California, a facility that has trained

many champion MMA fighters. Readers and fans will learn the secrets of Shamrock's ultra-efficient submissions fighting system and the training regimen that he and his trainees followed. With over 150 dynamic photos, Inside the Lion's Den is both an inspiring portrait of the fighter known as the "World's Most Dangerous Man" and an invaluable guide for the martial artist, novice and master alike.

Attempts

Essays on Fitness, Health, Longevity and Easy Strength

"Attempts" is a collection of Dan John essays that contemplate fitness, health, longevity and performance.

The Swing!

Lose the Fat and Get Fit with This Revolutionary Kettlebell Program *Harper Collins*

Join the kettlebell revolution and swing your way into a fitter, trimmer body—one you'll keep forever. Self-made fitness guru Tracy Reifkind has a self-made physique, working off 120 pounds after harnessing the extraordinary power of kettlebells (as featured in Timothy Ferriss's *The 4-Hour Body*). Now, Tracy delivers a power-packed exercise, diet, and lifestyle program for rapid but sustainable weight loss: *The Swing!* Reifkind's program promises dramatic results in just two half-hour sessions each week—that's just four hours a month! There are no gimmicks here: Reifkind offers strong coaching on developing a winning mindset and a protein-focused, transformational eating plan, and

reveals the evidence of her own low-cost, no-gym-membership success story. The Swing! packs the power to teach, to inspire, and to help you break through to your real, ideal body.

Becoming A Consummate Athlete

Build the Habits You Need to Crush Your Goals & Live a Healthy, Adventurous Life. *Independently Published*

Tired of training and not getting wins? Feeling a lack of motivation, or that there just isn't enough time to do it all? Missing when sport felt fun? If you've been training for an endurance sport like cycling or running but find yourself feeling stuck or not getting the results that you want, your daily habits might be to blame. Being an all-around athletic, healthy human capable of tackling any outdoor adventure-a Consummate Athlete, if you will-takes smart training and thoughtful lifestyle choices. In this book, you'll learn new ways to look at your recovery, fueling, training, record keeping and even your gear in order to help you reach your athletic goals while actually enjoying your healthy lifestyle. Longtime endurance sport coach and kinesiologist Peter Glassford and his equally athletic wife, author and fellow coach Molly Hurford are going to change the way you view your training. Remember: You are an athlete, and you owe it to yourself to start living like one!

The Quick and the Dead

Total Training for the Advanced Minimalist

Starting Strength

A Simple and Practical Guide for Coaching Beginners

Tactical Barbell

Definitive Strength Training for the Operational Athlete *Createspace Independent Publishing Platform*

Operational athletes are a unique breed. You need to physically perform at an extraordinarily high level in stressful situations. Often in dangerous or unstable environments. As a SWAT operator, combat-arms soldier, or first responder, you have to be a Jack of All Trades. Let's take that a step further. You have to achieve some degree of mastery. You have to be strong, have incredible levels of endurance, and be capable of sustained bursts of intense activity. All while tired, hungry, cold, or worse. You can't train like a bodybuilder. You can't be sore for a week after 'leg' day. You can't afford to specialize like a powerlifter. You have other abilities you need to develop, things like cardiovascular training, work capacity, and occupational skills. Anyone that's operational knows it's a constant juggling act trying to become (and stay) superhuman. Tactical Barbell is a strength training program designed specifically for operational athletes using correct principles and best practices. The objective being to increase maximal-strength and strength-endurance, while taking into account the need to simultaneously train other fitness domains. Periodization based, with a simple progression model that allows for a great degree of customization. You won't find cables, balance boards or medicine balls in this program.

What you will get is a reliable, repeatable, cutting edge system to increase your strength dramatically. In a manner that leaves you time and energy to train all those other things you need to be good at. No fluff. No frills. If you live in the arena, you know talk is cheap. The program includes a built in strength testing component. You will know whether or not your strength has increased, and by how much. Simple.

Hardstyle Abs

Hit Hard. Lift Heavy. Look the Part *Dragon Door Publication*

How to Develop the Ultimate in Wrought-Iron Muscle, Mid-Section Body Armor and Core Generation of Explosive Power The sole goal of Hardstyle Abs is to achieve an extraordinarily strong mid-section. But not simply to swivel heads with your rippling six-pack. For, according to Pavel, your abs should be simultaneously weapon, armor and force generator. The six-pack is just a side effect of the coiled power with which you now operate. Hardstyle Abs will give you impenetrable body armor to withstand a direct hit of the greatest magnitude. Hardstyle Abs will give you the generative force to retaliate with a devastating backlash. And Hardstyle Abs will help you lift more weight than ever before more safely. After years of dedicated research and experimentation, Pavel has identified three "killer" drills, as all you need to achieve this level of mid-section mastery. Follow Pavels battle plan to the T and the results are guaranteed noticeable within weeks, extraordinary within months. Pavel provides the laser focus. You? Simply obey the commands. The highlights of Pavels HardStyle Abs program: Why high reps have failed you and the "secret

sauce" that will have your abs tuned for heavy action all day long and at a moments notice. Hardstyle breathing for explosive power and a bullet-proof waist. The Hardstyle Sit-up to generate an unbelievable contraction for superior results. Internal Isometric the lost secret behind the old-time physical culturists exceptional abdominal strength and development. The Hardstyle Hanging Leg Raise the final weapon you must master to channel the power of your every muscle into one devastating surge.

Beyond Bodybuilding

Muscle and Strength Training Secrets for the Renaissance Man

Smash Your Training Plateaus, Overcome Injuries, Make Unprecedented Strength Gains and Grow More Muscle. with a Classical Education in the Wisdom of the Past - and the Scientific Breakthroughs of the Modern Day Masters Pavel has spent his life immersed in the study and practice of practical strength training. as it applies in the very hard testing ground of both American and Soviet Spec ops, of the US Marines, SWAT, professional athletes, martial artists, gymnasts, powerlifters, weightlifters, Olympic champions and numerous other tough, tough competitors - where results are everything and failure is simply not on the menu. Pavel has, frankly, done the research for you. plundering both the classic and the little-known strength texts from past and present. networking and comparing notes with many of today's great masters. submitting his own body to the pain of infinite experiment. And Pavel has trained thousands of troops and police whose life might depend on his tips. hundreds of athletes and

martial artists with the chance to achieve their dreams thanks to his advice. In *Beyond Bodybuilding*, you get the essence of most all of the strategies, tips, routines and fine points Pavel has developed over many, many years for these elite men and women of the strength game. Now, with *Beyond Bodybuilding*, there are simply no more excuses for not excelling in strength, continuing to gain, continuing to reach new heights in your performance. *Beyond Bodybuilding* is a treasure chest of strength training secrets. -LARRY SCOTT, Author of *Loaded Guns*, former Mr. America, Mr. Universe and the first Mr. Olympia Every aspect of training is covered in Pavel's *Beyond Bodybuilding* from flexibility to all types of strength development, U.S.M.C. training, tips from many of the greatest strength experts around the world, plus a glossary of exercises to fit everyone's needs. I salute Pavel and *Beyond Bodybuilding*. -LOUIE SIMMONS, Westside Barbell I wholeheartedly

The New Primal Blueprint

Reprogram Your Genes for Effortless Weight Loss, Vibrant Health, and Boundless Energy *Primal Nutrition*

Mark Sisson's 2009 release of *The Primal Blueprint* was the catalyst for the primal/paleo/ancestral health movement to gain mainstream awareness and acceptance. Both the hardcover and paperback editions enjoyed a seven-year run at the top of the primal/paleo charts and selling hundreds of thousands of copies. Sisson, publisher of the acclaimed *MarksDailyApple.com*, the acclaimed and most-visited primal/paleo blog, has spent the past six years diligently researching and evaluating recent the most

up-to-date science and reflecting on thousands of users' experiences going primal. *The New Primal Blueprint* offers a comprehensively revised, expanded, and updated message from the original runaway bestseller. *The New Primal Blueprint* comes alive with a vibrant full-color presentation packed with photos, graphics, and cartoons to make for a fun, easy, and memorable read. Join hundreds of thousands of primal enthusiasts and embrace a new way of life where you take responsibility for your health, fitness, and happiness. Reject once and for all the flawed conventional wisdom that has left modern citizens struggling with fatigue, excess body fat, and elevated disease risk factors as a consequence of grain-based eating habits, exhausting exercise routines, sedentary lifestyle patterns, and high-stress existences that misdirect our genes and promote illness instead of wellness and longevity. "

Bridging the Gap from Rehab to Performance

In *Bridging the Gap from Rehab to Performance*, physical therapist Sue Falsone walks the reader through the thought process and physical practice of guiding an injured athlete from injury through rehab and back to the field of play. To both health care professionals and strength and conditioning experts alike, she describes the path as her athletes move through pain and healing toward optimal function and advanced performance.

Spring Chicken

Stay Young Forever (or Die Trying) *Simon and Schuster*

We've been tantalised by the idea of eternal youth since time

immemorial. We're always asking how we can live longer, and better. Or, to put it another way, why can't we all be like Madame Calment who cycled till she was 100, smoked till she was 117 and died at the wonderfully old age of 122? Join veteran reporter Bill Gifford for a rip-roaring ride along the trail to the fountain of youth. Meet the scientists who have doubled the life-expectancy of mice by knocking out a single gene, and others like Aubrey de Grey, who claims that we are on the cusp of achieving 'longevity escape velocity', and who predicts that our children could live for a thousand years. An intoxicating mixture of deep reporting, fascinating science and sound advice, *Spring Chicken* will reveal the extraordinary breakthroughs that may yet bring us eternal youth, while exposing the dangerous deceptions that prey on the innocent and ignorant.

The Naked Warrior

Master the Secrets of the Super-strong, Using Bodyweight Exercises Only *Dragon Door Publication*

Have you noticed-the greater a man's skill, the more he achieves with less? And the skill of strength is no exception. From the

ancient days of Greek wrestling, to the jealously guarded secrets of Chinese Kung Fu masters, to the hard men of modern spec ops, warriors and allied strongmen have developed an amazing array of skills for generating inhuman strength. But these skills have been scattered far and wide, held closely secret, or communicated in a piecemeal fashion that has left most of us frustrated and far from reaching our true strength potential. Now, for the first time, Russian strength expert and former Spetsnaz instructor Pavel has gathered many of these devastating techniques into one highly teachable skill set. In *The Naked Warrior* Pavel reveals exactly what it takes to be super-strong in minimum time-when your body is your only tool.

Hybrid Strength

How to Get Jacked and Shredded with Calisthenics and Free Weights

Power to the People Professional

How to Add 100s of Pounds to Your Squat, Bench and Deadlift with Advanced Russian Techniques