

Maxxforce 10 Lifter Guide

Aaron Horschig, Kevin Sonthana

Maxxforce 10 Lifter Guide:

Rebuilding Milo: the Lifter's Guide to Fixing Common Injuries and Building a Strong Foundation for **Enhancing Performance** Aaron Horschig, Kevin Sonthana, 2021-01-19 10/20/Life Second Edition Brian Carroll, 2017-01-19 10 20 Life Second Edition If you like Starting Strength or 5 3 1 you re going to LOVE 10 20 Life What is 10 20 Life 10 and 20 weeks at a time for a lifetime of positive momentum in training and in LIFE This philosophy is a life long approach for any level of lifter or athlete Many recreational lifters utilize the protocols in this book to have a better plan in the gym with no plans to ever compete On the other hand many competitive lifters from Beginner to Pro use this approach with great success From The Author Brian Carroll With 10 20 Life my objective is to teach you to get the results you want by coaching yourself the same way a superior coach would take you through an individualized program in a great gym We start out with a thorough examination of your weak points because that s how quality coaching works The idea is to show you what to program and when based on your weaknesses in the squat bench press and deadlift This sounds simple but it s something most people don t even consider much less put into practice From there the 10 20 Life system takes you through the best injury preventative warm up in the industry followed by a comprehensive layout of coaching cues for each individual lift From start to finish you ll learn what to look for and what to do and you ll learn the reasoning behind all of it By the time you re finished working your way through these materials you ll be able to coach yourself and others like a pro Learn to be your own coach attack your weaknesses and utilize a proven philosophy that is a guide to permanent success This book includes a comprehensive WEAK POINT CHART and WARM UP INDEX that teach you how to assess your own training and PRESCRIBE THE EXERCISES YOU NEED 20 YEARS OF RESEARCH AND TRIALS distilled into a program you can actually use The plan is an easy five step process 1 Choose your schedule 3 different 2 Determine your weak points in the main lifts use the coaching guide to correct form 3 Use the Weak Point and Assistance Exercise indexes to custom design your own program pick your assistance work as specified in the Weak Point index 4 Follow the warm up protocol listed 4 parts super easy and custom 5 Determine your level of readiness then train according to the system s RPE plan for that day or if you re in precontest you go off of percentages this all depends on where you are in your phase of training Just a few of the sizable additions to this second edition physical copy New chapter Deload New chapter Establishing a baseline New chapter Speed work Other updated features include A reintroduction of the 10 20 Life philosophy and update with AMAZING testimonials male and female raw and equipped The 5 main principles of 10 20 Life How do you gain a mental edge Tips to do so What 10 20 Life is NOT putting to rest speculation RPE a different approach Nutrition a closer look with detail Coaching cues updated and expanded Weak point index updated and expanded Combo day updated and modified Step by step set up and the pro s and con s of a wide base bench vs the traditional tucked approach New offseason training split Jumbo Day for those with little to no time to train or those who can t recover between sessions with a typical split or even the combo day All new

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The Top Books of the Year Maxxforce 10 Lifter Guide The year 2023 has witnessed a noteworthy surge in literary brilliance, with numerous captivating novels captivating the hearts of readers worldwide. Lets delve into the realm of top-selling books, exploring the captivating narratives that have charmed audiences this year. Maxxforce 10 Lifter Guide: Colleen Hoovers "It Ends with Us" This poignant tale of love, loss, and resilience has captivated readers with its raw and emotional exploration of domestic abuse. Hoover skillfully weaves a story of hope and healing, reminding us that even in the darkest of times, the human spirit can succeed. Maxxforce 10 Lifter Guide: Taylor Jenkins Reids "The Seven Husbands of Evelyn Hugo" This intriguing historical fiction novel unravels the life of Evelyn Hugo, a Hollywood icon who defies expectations and societal norms to pursue her dreams. Reids compelling storytelling and compelling characters transport readers to a bygone era, immersing them in a world of glamour, ambition, and self-discovery. Discover the Magic: Delia Owens "Where the Crawdads Sing" This captivating coming-of-age story follows Kya Clark, a young woman who grows up alone in the marshes of North Carolina. Owens crafts a tale of resilience, survival, and the transformative power of nature, entrancing readers with its evocative prose and mesmerizing setting. These bestselling novels represent just a fraction of the literary treasures that have emerged in 2023. Whether you seek tales of romance, adventure, or personal growth, the world of literature offers an abundance of captivating stories waiting to be discovered. The novel begins with Richard Papen, a bright but troubled young man, arriving at Hampden College. Richard is immediately drawn to the group of students who call themselves the Classics Club. The club is led by Henry Winter, a brilliant and charismatic young man. Henry is obsessed with Greek mythology and philosophy, and he quickly draws Richard into his world. The other members of the Classics Club are equally as fascinating. Bunny Corcoran is a wealthy and spoiled young man who is always looking for a good time. Charles Tavis is a quiet and reserved young man who is deeply in love with Henry. Camilla Macaulay is a beautiful and intelligent young woman who is drawn to the power and danger of the Classics Club. The students are all deeply in love with Morrow, and they are willing to do anything to please him. Morrow is a complex and mysterious figure, and he seems to be manipulating the students for his own purposes. As the students become more involved with Morrow, they begin to commit increasingly dangerous acts. The Secret History is a brilliant and suspenseful novel that will keep you wondering until the very end. The novel is a warning tale about the dangers of obsession and the power of evil.

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