

A large, muscular Black man (Mike Rashid) is shown from the waist up, wearing a black tank top. He is holding two large black dumbbells in front of him. His arms are heavily tattooed. The tank top has the text "EST. 1982 BETTER BODIES NEW YORK CITY" printed on it.

EST. 1982
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NEW YORK CITY

THE COMPLETE **OVER TRAINING**

TOTAL BODY PROGRAM

MUSCLE GENES



DR. DAN REARDON CEO

People worry about "over-training", and pushing themselves beyond what they believe they are capable of. But it's this level of commitment that is required to achieve the true benefits of training, and it's this level of intensity that Mike Rashid will take you too.

I've trained with Mike, and have been pushed into Mike's "over-training" zones. But it's the skill in Mike's methods, and the progression through the plans, that allows your body and mind to adapt and grow. And you will adapt...you will find your zone...and you will hear the chants of Mike Rashid as you "eat your food" and "over-train" your body into an elite physical condition.

"Over-training" makes reference to going beyond any boundaries you set upon yourself, and then you leave the

Mike Rashid Over Training Manual

Christian G. Meyer



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