

# **THE REACTIVE TRAINING MANUAL**



**DEVELOPING YOUR OWN CUSTOM  
TRAINING PROGRAM FOR  
POWERLIFTING**

**BY MICHAEL TUCHSCHERER**

# Mike Tuchscherer Reactive Training Systems Manual

**Matt Perryman**



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*Powerlifting Training* Markus Beuter, 2022-05-25 In der 2 Auflage gibt es ber 90 neue und exklusive Seiten erg nzt und aktualisiert zu entdecken Inklusive des neuen Kapitels Programme anpassen sowie Westside For Skinny Bastards von Joe DeFranco Dieses praxisbezogene Nachschlagewerk ist ideal f r Einsteiger und Fortgeschrittene die den berblick ber die internationale Programmlandschaft behalten wollen und nach dem richtigen Trainingssystem f r ihre Bed rfnisse suchen Sportwissenschaftliche Grundlagen des Krafttrainings Trainingsvariablen und Periodisierungskonzepte werden praxisnah thematisiert Es warten 24 ausf hrliche Besprechungen zu den wichtigsten und bekanntesten Powerlifting und Basic Strength Programmen inklusive Beispielp l nen Das Buch bietet detaillierte Analysen Hintergr nde und Empfehlungen zu bew hrten Systemen u a von Westside Barbell Squat Every Day Sheiko Smolov 5 x 5 Routinen Starting Strength Texas Method oder Jim Wendlers 5 3 1 Auch die neuen Klassiker von Mike Tuchscherer RTS Brandon Lilly Cube

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