

Strength and Conditioning Bible by far the best way to train --CoachIf you d like to make 2016 the year you finally get the body of your dreams, then strength and conditioning coach Nick Grantham can help. In this book, he reveals the training secrets and principles used by top athletes you ll be planking like a pro in no time. --The Sun About the Author Through his work as a Performance Enhancement Specialist working in high performance sport, Nick Grantham has gained a reputation for excellence working with scores of Olympic athletes. He has over 15 years experience in the development of high performance fitness and sport science service delivery to Commonwealth, European, World and Olympic medallists. Nick has also written for Men s Health, Men s Fitness, Maxim, Four Four Two, Fighting Fit, Peak Performance as well as a monthly column in Sports Injury Bulletin. ...

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