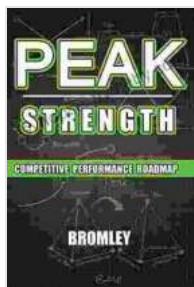


Peak Strength: Competitive Performance Roadmap Base Strength

By Brad Schoenfeld, PhD

Peak Strength: Competitive Performance Roadmap Base Strength is the definitive guide to building a strong foundation for athletic success. This comprehensive resource provides a step-by-step roadmap for developing the essential qualities of base strength, power, and speed. Whether you're a beginner just starting out or an experienced athlete looking to take your performance to the next level, Peak Strength has something for you.



Peak Strength: Competitive Performance Roadmap

("Base Strength" Book #2) by John Feinstein

★★★★☆ 4.9 out of 5

Language	: English
File size	: 3816 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 204 pages
Lending	: Enabled



In this book, you'll learn:

- The essential principles of base strength training
- How to design and implement a base strength training program

- The role of nutrition and recovery in base strength training
- How to assess your progress and make adjustments to your program

Peak Strength is packed with practical advice and real-world examples from top athletes and coaches. With over 200 pages of content, this book is the most comprehensive resource on base strength training available. If you're serious about improving your athletic performance, Peak Strength is the book for you.

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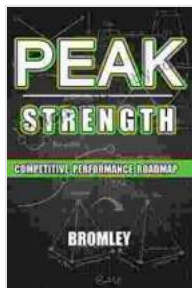
About the Author

Brad Schoenfeld, PhD, is a professor of exercise science at CUNY Brooklyn College and the author of numerous books and articles on strength training and nutrition. He is a leading expert in the field of strength and conditioning and has worked with athletes of all levels, from beginners to world champions.

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