Never Let Go

author: Dan John

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Synopsis

<table><tr><th>authorï¼š</th><td>Dan John</td></tr><tr><th>readByï¼š</th><td>Steven Oswalt</td></tr><tr><th>inLanguageï¼š</th><td>english</td></tr></table>

Coach Dan John breaks down the most complicated concepts of strength training and high-performance athletics in his personal, no-nonsense, thought-provoking, and motivating style. Workout routines, Olympic lifting guidance, Highland games, track and field, and Strongman events are all covered, in addition to weight training philosophy for the general public. You'll learn....   How to get stronger, faster and leaner Simple steps to great conditioning What it takes to compete at high-level athletics Dan John's top training tips Effective workouts to carry you through your training seasons Variations of the classic 5x5 workout Sample kettlebell and barbell workout combinations Outdoor cardiovascular training options for athletes And much more....

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