



The Black Book of Training Secrets: Enhanced Edition

Christian Thibaudeau

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If you want to be bigger, stronger, faster and more powerful, you have found the book to get you there. This is a great book because it was written by a great coach: Christian Thibaudeau. Like all respected and influential coaches, Christian has a strong background in athletic training, but he's not confined by it. He blends his education and his hands-on experiences into a training philosophy that can benefit anyone from elite athletes to weekend warriors to those of us who just want to look great naked.

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