



Mastering The Squat:: Achieving Your Maximum Strength and Power

Richard Schuller

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The author of this book, Richard Schuller, has a career spanning 60 years of weight lifting, 25 of them as a national/international competitive powerlifter. He's loaded this book with information critical to lifters who want to maximize their strength and power. Becoming an advanced or elite lifter requires perfect technique, all steps of which are covered in this book. He includes subjects often overlooked by the inexperienced lifter: planning for workouts, how to keep useful records, overtraining, recovering between sessions, and maintaining a winning mental approach. Advanced lifters understand that it's essential to change training programs on a regular basis to maintain progress. This book contains five unique training programs, each including a wide range of assistance exercises and equipment to accompany each squatting routine. Additional information is provided on lifting equipment, treatment of injuries, proper spotting techniques, and the author's "Ten Rules for Developing Strength" A review from Amazon.com: "This book is a gem! Lot's of useful details, clear and to the point. Great workout programs. Really, probably the most practical guide on squats written out there. I have read many books on squats and the majority...gloss over the techniques, even though it is always stated that the squat is the "king of exercises"; or get lost into many anatomical details." - Michael James Calderone

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