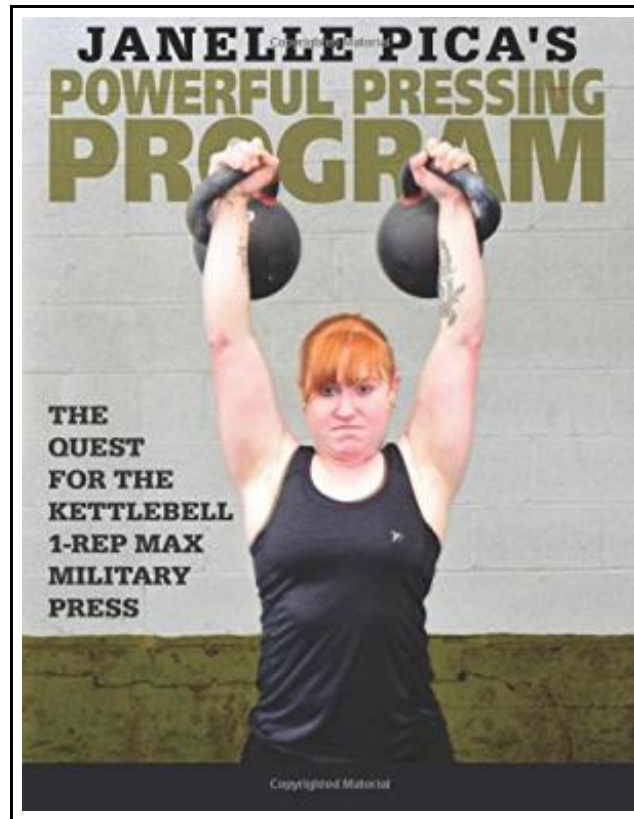


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Reviews

Extensive manual! Its such a great read. It really is loaded with knowledge and wisdom You wont really feel monotony at at any time of your time (that's what catalogs are for regarding if you ask me).



(Myrl Hintz)

JANELLE PICA S POWERFUL PRESSING PROGRAM: THE QUEST FOR THE KETTLEBELL 1-REP MAX MILITARY PRESS (PAPERBACK)



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Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.There is something truly primal about lifting a weight above your head. Its as if our own primitive, caveman-like selves are awakened by practicing the overhead lifts. The Military Press has a particularly unusual ability to make us feel stronger just by merely practicing the lift. Friend and fellow kettlebell instructor, Daniel Byrnes, said it quite well one day while we were discussing our heavy single arm press. Speaking like a true cave man, he uttered, "This is my rock. I must lift rock to highest place. Important to lift rock. Always. I will be strongest self." And really, thats what our Powerful Pressing Program is all about. We want to lift heavy things consistently, and the military press itself offers some unique benefits for your body that go way beyond your upper body. If you want great shoulders, a strong back, solid abs, and some nice looking glutes and quads, practicing the kettlebell press will yield all of the above and then some! quote;If you want to GAIN STRENGTH and AMAZING PRESSING POWER, then I recommend you follow the plan my friend, Janelle Pica, has laid out for you in this powerful program!quote; Karen Smith Master SFG and SFB "Prior to training with the Powerful Pressing Program, I was strict-pressing a 16kg, and could manage a 20kg if I was doing a push press and had momentum. At the end of the program, I was able to strict-press a 26kg! In addition, my waist decreased by three inches, from 42 down to 39. I am very surprised and impressed with the results I got in such a small window of time. The results that...

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