



Deadlift Dynamite: How to Master the King of All Strength Exercises (Deadlift Dynamite)

Pavel Tsatsouline, Andy Bolton

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The deadlift can lay serious claim to be the single most important exercise you can ever do-if your goal is to develop supreme strength and total body power.

And who better to help you to achieve your ultimate strength and power gains than 6-time world champion and multiple record holder, Andy Bolton-backed by the expertise of renowned strength authority, Pavel Tsatsouline?

The first section of Deadlift Dynamite "How to Lift", provides a safe, progressive, technically-detailed plan on how to get started right in the iron game, avoid the typical mistakes and years of frustration, and see extraordinary results in even the first year of training.

Intermediate lifters will appreciate the world of subtle tips and masterly insights-which will help them bust through plateaus and surge forward in their gains. And the savvy coach will recognize he now owns the ultimate blueprint for producing champions-in many athletic fields.

Whether your goal is to excel in the sport of powerlifting or you just want to become stronger and more muscular-Deadlift Dynamite is for you.

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