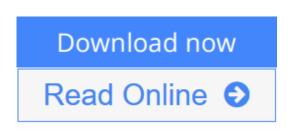


The Poliquin Principles: Successful Methods for Strength and Mass Development

By Charles Poliquin



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Both an exercise program and a reference manual with a ground-breaking new treatise on bodybuilding and strength training.

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Editorial Review

Amazon.com Review

Bodybuilding is a tiny universe comprised of huge people, and those who want to be huge but aren't there yet. Inside that insular world, a handful of individuals have made a ton of money selling advice based on shaky science--if any science was involved at all. Poliquin, a Canadian strength coach, set out to discover what the rest of the world knew about building strength and muscle but hadn't told us yet. From obscure European journals, he found a ton of information on such arcana as the speed at which an exercise should be performed and the amount of rest that should be taken between exercises. These seem like tiny issues, but they can make a big difference in how fast a muscle can grow and how strong it can become.

Besides that advanced information--packaged here for serious bodybuilders-- Poliquin peppers his book with darkly funny jabs at the muscle world's reigning brain trust. He pokes fun at one famously unstable guru's obsession with Ayn Rand, and points out that much of the training information in bodybuilding magazines is really created by editors and writers for those magazines, since the bodybuilders themselves rarely bother to tell the truth about what they do in the gym (and the drugs they use outside of it).

The Poliquin Principles is a rarity in the muscle world: a serious training manual that's also a lot of fun to read. *--Lou Schuler*

Users Review

From reader reviews:

Brian Bauer:

Here thing why this particular The Poliquin Principles: Successful Methods for Strength and Mass Development are different and dependable to be yours. First of all reading a book is good nevertheless it depends in the content of it which is the content is as yummy as food or not. The Poliquin Principles: Successful Methods for Strength and Mass Development giving you information deeper as different ways, you can find any book out there but there is no book that similar with The Poliquin Principles: Successful Methods for Strength and Mass Development. It gives you thrill studying journey, its open up your personal eyes about the thing that happened in the world which is possibly can be happened around you. It is possible to bring everywhere like in area, café, or even in your technique home by train. Should you be having difficulties in bringing the printed book maybe the form of The Poliquin Principles: Successful Methods for Strength and Mass Development in e-book can be your alternative.

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