



Bench Press: The Science

By Josh Bryant

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Bench Press: The Science By Josh Bryant

Are you putting in the time at the gym without the bench press to show for it? Take advantage of the methods Josh has used to produce multiple world record holders in the bench press.

This book is a science-based approach to building a bigger bench press, all in an easy to understand format. For the cost of a couple energy drinks, you can gain the knowledge that has taken Josh years to acquire through practical experience and stringent academic study.

See what the experts have to say:

“Josh has proven that his methods work!! This book is the most comprehensive book ever written on the bench press. I recommend it to everyone wanting to get fantastic results....”

-- Eddy Coan (The Undisputed Greatest Powerlifter of All-time)

"There is no doubt in my mind this is the best book ever compiled on the bench press, its science and how to train it."

– Dave Tate, founder EliteFTS.com

"Great book Josh, just got done reading it some really great concepts. It is Officially the Bench Press Bible"

- Eric Spoto (All-Time World Record Holder - Raw Bench Press 722 Pounds)

You will learn: • How to bench press more explosively • How to use isometric methods that have been kept secret until now • How to use plyometrics to increase your bench press • How to use partials to realize your full potential • How to incorporate bands and chains • Access to routines used by champions • Miscellaneous science that can increase your bench press

After implementing what you learn in this book, you will bench more!

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Bench Press: The Science By Josh Bryant Bibliography

- Sales Rank: #561215 in Books
- Published on: 2014-02-07
- Original language: English
- Dimensions: 11.00" h x .28" w x 8.50" l,
- Binding: Paperback
- 124 pages

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Editorial Review

About the Author

Josh trains some of the strongest and most muscular athletes in the world in person at Metroflex Gym in Arlington, Texas, and via the Internet.

Josh has won many national and world titles in powerlifting and strongman and was the youngest person in powerlifting history, at 22, to bench press 600 pounds raw. Josh has squatted 909 pounds in the USPF, officially bench pressed 620 pounds raw, and officially deadlifted 810 pounds raw. He is not all brawn; he has a Master's degree in Exercise Science along with other prestigious certifications. He is the co-author of best-selling eBooks "Metroflex Powerbuilding Basics", and Amazon #1 seller "Jailhouse Strong".

To learn more about Josh Bryant or to sign up for his free training tips newsletter, visit www.JoshStrength.com.

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