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By Al Kavadlo

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Pushing the Limits! Total Body Strength With No Equipment By Al Kavadlo

What is more satisfying than OWNING a primally powerful, functionally forceful and brute-strong body? A body that packs a punch. A body that commands attention with its etched physique, coiled muscle and proud confidence...A body that can PERFORM at the highest levels of physical accomplishment...

Well, both Al Kavadlo—the author of Pushing the Limits!—and his brother Danny, are supreme testaments to the primal power of body culture done the old-school, ancient way—bare-handed, with your body only. The brothers Kavadlo walk the bodyweight talk—and then some. The proof is evident on every page of Pushing the Limits!

Your body is your temple. Protect and strengthen your temple by modeling the methods of the exercise masters. Al Kavadlo has modeled the masters and has the “temple” to show for it. Follow Al’s progressive plan for primal body power within the pages of Pushing the Limits!—follow in the footsteps of the great bodyweight exercise masters—and you too can build the explosive strength and possess the magnificent physique you deserve.

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Pushing the Limits! Total Body Strength With No Equipment By Al Kavadlo Bibliography

- Sales Rank: #200036 in eBooks
- Published on: 2013-04-02
- Released on: 2013-04-02
- Format: Kindle eBook



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