



Easy Strength: How to Get a Lot Stronger Than Your Competition-And Dominate in Your Sport

Pavel Tsatsouline

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How To Look Like Tarzan, Play Like Tarzan-And Win Like Tarzan
Headline:What It Takes to Stack the Strength-Deck in Your Favor
If football were played in the weight room or on the track, I could guarantee that each year, the team that won the championship would NOT be the team that won on the field of play. And that is absolutely true in every sport and every game. It's a rare track meet that you don't hear someone rhapsodize about training numbers and then see him or her lose badly. In football, we have a phrase for this: 'Looks like Tarzan, plays like Jane.' Pavel and my goal in writing this book is to clarify the role and impact of strength training in fitness, sports, and life. We are committed to clarity, even though at times, it's impossible to navigate the sea of conflicting information regarding the lifting sports. Pavel's experience and research provides grounding and a confidence to Do this! as we often joke. What can you expect from reading this book?. You will learn some history. You will discover that almost everything discussed in the fitness industry has been done before-and often better.. You will reexamine the role of strength training as it applies to sport. Doing so may serve as the greatest timesaver in history!. You will find that, like a medical doctor, a strength coach must be committed above all to Do no harm-a pledge that's often disregarded.. You will be exposed to the concept of systematic education and the need to build an athlete (or anyone!) using some kind of intelligent approach.. You will be exposed to another educational system-along with a way to harness its powers-that will give you clarity into all the various fitness, health, and nutritional information being tossed at you daily.. You will discover the tools for teaching an entire team to improve in a sport-and why these great tools may be of no value to you in your training!. You will be exposed to what the best in sports do in the weight

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