



## Monster Squat: A Step by Step Guide to a Bigger Squat (Paperback)

By Joe Ironman Norman

Createspace Independent Publishing Platform, United States, 2012. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. How much can you squat? When posed with that question, wouldn't it be nice to say You wouldn't believe me if I told you? Whether you are just into weightlifting and want to improve on your back squat or you are currently competing or plan on competing in the sport of powerlifting, this book is for you. This book will guide you on your quest for a Monster Squat. There are all kinds of techniques and ways to squat, but the best way to learn is from the experts and those people are the powerlifters. Powerlifters have worked for years to fine-tune techniques that enable them to squat weights that most people in the world couldn't imagine would be possible. As a competitive powerlifter for more than thirteen years, the author of this book is no stranger to the monster weights. He has made a name for himself as one of the most powerful squatters in the sport. He is one of the top ranked lifters in the world in three weight classes and still...



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