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Super-Strong ... The Naked Warrior is for people who have been training their strength with consistency for at least a year. while it does teach you how to train for it. the program in the book requires pistol squats and one-armed press ups. however, the book also contains notes on strict form, muscular tension and techniques that will increase your strength overnight. you can use the advice in the book to multiply the push ups you can do in a short amount of time. excellent book. The Naked Warrior: Master the Secrets of the super-Strong ... In The Naked Warrior Pavel reveals exactly what it takes to be super-strong in minimum time—when your body is your only tool. These Bodyweight exercises will allow you to build functional MAX Strength, when

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