



# **Strength Rules: How to Get Stronger Than Almost Anyone--And The Proven Plan to Make It Real**

*Danny Kavadlo*

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## **Strength Rules: How to Get Stronger Than Almost Anyone--And The Proven Plan to Make It Real**

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How to Be Tough As Nails--Whatever You Do, Wherever You Go, Whenever You Need It. Want to get classically strong--in every dimension of your life--gut, heart and mind...?

In other words, do you want to be: More than just gym-strong? More than just functionally strong? More than just sport-specifically strong? Do you demand instead to be: Tensile Strong? Versatile Strong? Pound-for-Pound Strong? The Ultimate Physical Dynamo? A Mental Powerhouse? Then welcome to Danny's World... the world of Strength Rules--where you can stand tall on a rock-solid foundation of classic strength principles...Arm-in-arm with a world leader in the modern calisthenics movement...Then... with Danny as your constant guide, grow taller and ever-stronger--in all aspects of your life and being--with a Master Blueprint of progressive calisthenic training where the sky's the limit on your possible progress...Do Danny's classical Strength Rules--and, for sure, you can own the keys to the strength kingdom...

"I have been waiting for a book to be written on strength training that I can recommend to all of my patients, and Danny Kavadlo has delivered with Strength Rules. Danny has written a stripped down approach to strength that is accessible to everyone.

He has distilled his wealth of knowledge and experience in coaching and bodyweight strength training into a program that is cohesive, scalable, and instantly applicable to all comers. He has also added a rock solid approach to nutrition and ample doses of inspirational story telling and philosophy, resulting in the gem that is Strength Rules.

I dare anyone to read this book and still give me an excuse why they can't strengthen their body and improve their health. No excuses. Get the book and get to work!"--DR. CHRISTOPHER HARDY, author of Strong Medicine

"Strength Rules is one of the finest books on strength I've ever read. No ifs, ands or buts. Not just 'bodyweight strength'--strength, period. If you want to learn how to unleash ferocious strength and power while also improving your health and ridding yourself of extra fat and joint pain, THIS is the book you need to own.

If you are a bodyweight master, this is the bible you will want to go back to again and again, to keep you on the straight and narrow. If you are raw beginner--then get this book right now, follow the rules, and save yourself years of wasted effort! Strength Rules is as good as it gets!--PAUL WADE, author of Convict Conditioning

Almost every strength exercise comes down to the basics. Essentially, Squat, Push and Pull. These three broad, essential movements are the granddaddies of 'em all. Throw in some Flexion, Transverse Bends and Extension, and you've got yourself the tools for a lifetime of full body strength training. That's why the exercises contained in Strength Rules are divided into these few, broad categories. Everything else is a variation. There is no reason to overcomplicate it.

The Strength Rules mission is to help anybody and everybody get in the best shape of their lives Strength Rules lays out the truth clearly and succinctly, giving you the tools you need to grow stronger and persevere in this mad world—with your head held high and your body lean and powerful...

The exercise portion of Strength Rules (titled ACTIONS) is split into three levels: Basic Training (Starting Out), Beast Mode (Classic Strength) and Like A Boss (Advanced Moves). Naturally, not everyone will fall 100% into one of these groups for all exercises in all categories and that's fine.

"Strength Rules by Danny Kavadlo is so good you can't ignore it. It's minimalistic. It's low tech. It's simple.

It's right. Kavadlo's work always has me nodding along with a lot of 'yeses' and 'good points.' This book is about true strength. This book is about empowering yourself and others. Again, Strength Rules is so good, you can't ignore it."--DAN JOHN, author of Never Let Go

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Book is actually written, printed, or created for everything. You can realize everything you want by a publication. Book has a different type. To be sure that book is important issue to bring us around the world. Next to that you can your reading talent was fluently. A guide Strength Rules: How to Get Stronger Than Almost Anyone--And The Proven Plan to Make It Real will make you to end up being smarter. You can feel considerably more confidence if you can know about everything. But some of you think that will open or reading a book make you bored. It is not make you fun. Why they are often thought like that? Have you looking for best book or suitable book with you?

#### **Kim Phillips:**

The actual book Strength Rules: How to Get Stronger Than Almost Anyone--And The Proven Plan to Make It Real has a lot info on it. So when you check out this book you can get a lot of advantage. The book was written by the very famous author. The writer makes some research previous to write this book. This specific book very easy to read you can find the point easily after reading this book.

#### **Betty Neal:**

Do you have something that you prefer such as book? The reserve lovers usually prefer to pick book like comic, limited story and the biggest the first is novel. Now, why not trying Strength Rules: How to Get Stronger Than Almost Anyone--And The Proven Plan to Make It Real that give your enjoyment preference will be satisfied simply by reading this book. Reading routine all over the world can be said as the opportunity for people to know world considerably better then how they react in the direction of the world. It can't be said constantly that reading addiction only for the geeky particular person but for all of you who wants to be success person. So , for every you who want to start reading as your good habit, you can pick Strength Rules: How to Get Stronger Than Almost Anyone--And The Proven Plan to Make It Real become your current starter.

#### **Cheri Tow:**

This Strength Rules: How to Get Stronger Than Almost Anyone--And The Proven Plan to Make It Real is brand new way for you who has intense curiosity to look for some information as it relief your hunger of knowledge. Getting deeper you upon it getting knowledge more you know or you who still having tiny amount of digest in reading this Strength Rules: How to Get Stronger Than Almost Anyone--And The Proven Plan to Make It Real can be the light food for you personally because the information inside this specific book is easy to get by simply anyone. These books build itself in the form and that is reachable by anyone, yes I mean in the e-book contact form. People who think that in publication form make them feel sleepy even dizzy this reserve is the answer. So there isn't any in reading a book especially this one. You can find what you are looking for. It should be here for you. So , don't miss this! Just read this e-book kind for

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