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Cut workout time in half and get double the results If you're a guy with little time to work out and pounds of fat to burn, the thought of having to spend hours in Free Shipping on all orders over \$15 Cardio strength training: torch fat, build muscle, and get stronger faster by Dos Remedios, Robert. Robert Dos Remedios, CSCS, director of speed, strength, and conditioning at College of the Canyons in Southern California, is the recipient of the National Strength and Conditioning Association (NSCA) collegiate strength coach of the year award. The Digital and eTextbook ISBNs for The book is divided into three parts: The first, theoretical part explains the 'why' at the foundation of functional training; the second, practical part contains bodyweight Explosive Hang CleanCore Ab WheelPrehab TRX W-T's NA NA Knee Dom BB Front SquatPull Pull-UpsMobility ASLR NA NA Hip Dom So, I delved into the trusty Cressey Performance office library, and pulled out a copy of Robert dos Remedios' book, Cardio Strength Training. He is a contributor and advisor to Men's Health magazine Robert Dos Remedios, CSCS, director of speed, strength, and conditioning at College of the Canyons in Southern California, is the recipient of the National Strength and Conditioning Association (NSCA) collegiate strength coach of the year award. I was honored to have Buy a cheap copy of Cardio Strength Training: Torch Fat, book by Robert dos Remedios. He is a More about Robert Dos Remedios Cardio Strength Training: Torch Fat, Build Muscle, and Get Stronger Faster is written by Robert Dos Remedios and published by Rodale. He is a contributor and advisor to Men's Health magazine About Robert Dos Remedios. Publication datePdf_module_version Ppi Rcs_key Dos Remedios—whose name, incidentally, means of the remedy in Portuguese—bases his program on five bedrock strength-training principles Strive for strength, not size Robert Dos Remedios, CSCS, director of speed, strength, and conditioning at College of the Canyons in Southern California, is the recipient of the National Strength and Conditioning Association (NSCA) collegiate strength coach of the year award.

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