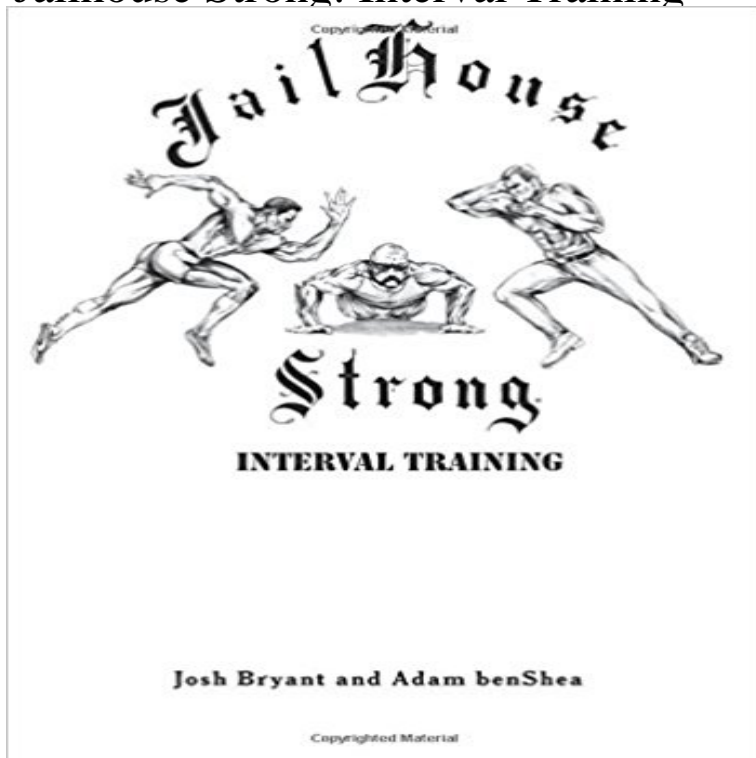


## Jailhouse Strong: Interval Training



Continuing with their Amazon #1 best-selling series, Jailhouse Strong, Bryant and benShea return to deliver a guide on interval training. Instead of performing endless hours of long, slow cardio that makes you weaker, slower, and eats away at your muscle, Jailhouse Strong Interval Training is a time efficient way to lean out and harden up. Whether inside a posh gym or limited by space inside a cramped hotel room, the workout programs included inside of this work offer a means to make the most of your environment and enhance your current reality. While the workout approach of this book is rooted in the physical culture cultivated behind bars, this book takes the subject of interval training well beyond the confinement of prison walls. Whatever your current reality, these interval training workouts can get you leaner, harder, and improve the trajectory of your physical development. Praise for Jailhouse Strong: If you are looking for something that is simple and you do not have to have very sophisticated equipment, this is the book to read. I strongly recommend that you buy Jailhouse Strong.

Charles Poliquin - World Renowned Strength Coach Now you have no excuse to get yourself in fantastic shape! Fred Dr. Squat Hatfield, PhD - President of ISSA Jailhouse Strong is good for grapplers, cage fighters, and everyday folks! Ricardo Franjinha Miller - Founder and Head Instructor of Paragon Brazilian Jiu-Jitsu Academies Theres no gimmicks here...Its about results! Zach Even-Esh Josh Bryant has held world records in powerlifting and won the Strongest Man in America title in 2005. Now, he is referred to as the trainer of the superstars because he works with some of the worlds strongest and most muscular athletes at Metroflex Gym in Arlington, Texas, and via the Internet. To contact Josh about seminars, online coaching or to sign up for his free training tips newsletter, visit

www.JoshStrength.com. Adam benShea is a Brazilian Jiu-Jitsu black belt and has won the California, Pan Am, and World Championships. He teaches Brazilian Jiu-Jitsu and is a college lecturer on Californias central coast.

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