



Twisted Conditioning 2

Bud Jeffries

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“The Ultimate System for Building Super Human Levels of Strength & Endurance”

Often times a sequel never equals the original, but it is our sincere belief Twisted Conditioning II at the VERY LEAST equals Twisted Conditioning if not surpassing it.

If it was just a better version, we might scrap the original Twisted Conditioning and come out with a “new and improved” version. But it’s not. It’s an extension, an evolution in the field of strength and endurance. Most especially in the field of building frightening maximum power (read “world class strength”), and developing at the same time unbelievable endurance (read “keeping up with and surpassing endurance athletes”).

It is not just a rehashing of the original concepts laid out in Twisted Conditioning. In fact we spend only a few pages quickly reviewing and modifying the original concepts. From there... it’s all new stuff.

What kind of stuff?

How about conditioning with:

Kettlebells
Isometrics
Sleds
Wheelbarrow
Water
The Power Jumper
The Mace
Block Weights
Fighting Calisthenics
And more!

How about building strength with:

Full and Partial Lifts
Old Time Poundage Lifts
Odd Lifting
Mixed Implement Single Lift Routines
Maximum Power Strongman Training
Steel Bending
Heavy Cables
... and those are just a start

In fact there’s so much in the book that we actually considered splitting it up. Not to squeeze more money

out of you, believe me I've still got plenty of info left in the bank to give, but because we don't want you to get lost in the routines and not actually get up and get off your butt and help set a new standard for strength and endurance.

One of the things we've been asked most about is specific routines for all the different implements that I train with. Well...

There are Over 100 Specific Workouts Ranging from Every Conditioning Implement as well as Multiple Combinations of Implements.

If you work through every routine in this book, you'll be one of the most conditioned and strong men walking around today and you'll build familiarity with every strongman and conditioning implement. Plus you will never get bored.

You see that's what we're trying to do here. Not give you endless variety for its own sake. And don't think you can't apply these principles and do this training with minimalist equipment. We're giving you the best of both worlds. We're trying to give you a template to become the most complete strength and endurance athlete that you can be. To be able to step into anyone else's arena and with little or no training give 'em a shock! And to shock yourself not only when your endurance skyrockets, but when your strength just keeps going up and up. To avoid the commonly accepted pseudo-science that says, "You can be strong or enduring, but not both."

BULL!

You can be whatever you choose in your training. You just have to understand how to get there. Well here's the second part of unlocking a whole new world of training for you.

I'm tired of weakness in the Iron Community.

I'm tired of the attitude that says you can't be what you want.

I'm tired of training that doesn't produce real iron men!

I'm tired of seeing people say their way is the only way.

I'm tired of seeing people say you can't train with whatever implement you choose and still get a great workout.

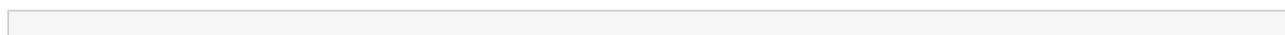
I'm tired of people saying being thin, small, and enduring is the only way to health or that being big and strong alone rules the day.

That's all crap!

Plain and simple.

It's propagated by small minds with hidden agendas.

Real training that produces real world-class results.



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From reader reviews:

Frances Norman:

Here thing why this specific Twisted Conditioning 2 are different and dependable to be yours. First of all looking at a book is good but it depends in the content of computer which is the content is as yummy as food or not. Twisted Conditioning 2 giving you information deeper as different ways, you can find any publication out there but there is no publication that similar with Twisted Conditioning 2. It gives you thrill reading through journey, its open up your own eyes about the thing that will happened in the world which is might be can be happened around you. It is easy to bring everywhere like in playground, café, or even in your way home by train. For anyone who is having difficulties in bringing the paper book maybe the form of Twisted Conditioning 2 in e-book can be your choice.

William Nelson:

Nowadays reading books be a little more than want or need but also be a life style. This reading habit give you lot of advantages. Advantages you got of course the knowledge the actual information inside the book that improve your knowledge and information. The information you get based on what kind of e-book you read, if you want have more knowledge just go with education and learning books but if you want really feel happy read one with theme for entertaining like comic or novel. The Twisted Conditioning 2 is kind of guide which is giving the reader capricious experience.

Nicholas Buchanan:

This book untitled Twisted Conditioning 2 to be one of several books that best seller in this year, here is because when you read this book you can get a lot of benefit upon it. You will easily to buy this book in the book store or you can order it by way of online. The publisher of the book sells the e-book too. It makes you quicker to read this book, because you can read this book in your Smartphone. So there is no reason to you to past this e-book from your list.

Janice Evans:

You can spend your free time to see this book this publication. This Twisted Conditioning 2 is simple to deliver you can read it in the playground, in the beach, train and also soon. If you did not possess much space to bring the particular printed book, you can buy typically the e-book. It is make you easier to read it. You can save typically the book in your smart phone. Therefore there are a lot of benefits that you will get when one buys this book.

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