



Maximum Strength: Get Your Strongest Body in 16 Weeks with the Ultimate Weight-Training Program

M.A. Eric Cressey CSCS CSCS, Matt Fitzgerald

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Most of the 23 million American men who lift weights do so to get bigger; unfortunately, many of them are going nowhere with watered-down bodybuilding routines that don't help them actually get *stronger*. Eric Cressey's cutting-edge four-phase program, featuring constant progression, variation, and inspiring goals, keeps you focused on increasing strength along with muscle mass, helping you achieve the fittest, most energetic, and best-looking body you've ever had-with fewer hours at the gym.

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