

# MASTERING THE SQUAT



ACHIEVING YOUR MAXIMUM  
STRENGTH AND POWER

RICHARD SCHULLER

# Mastering The Squat Achieving Your Maximum Strength And Power

**SA Adler**



## **Mastering The Squat Achieving Your Maximum Strength And Power:**

Mastering the Squat Richard Schuller, 2015-02-02 The author of this book Richard Schuller has a career spanning 60 years of weight lifting 25 of them as a national international competitive powerlifter He s loaded this book with information critical to lifters who want to maximize their strength and power Becoming an advanced or elite lifter requires perfect technique all steps of which are covered in this book He includes subjects often overlooked by the inexperienced lifter planning for workouts how to keep useful records overtraining recovering between sessions and maintaining a winning mental approach Advanced lifters understand that it s essential to change training programs on a regular basis to maintain progress This book contains five unique training programs each including a wide range of assistance exercises and equipment to accompany each squatting routine Additional information is provided on lifting equipment treatment of injuries proper spotting techniques and the author s Ten Rules for Developing Strength A review from Amazon com This book is a gem Lot s of useful details clear and to the point Great workout programs Really probably the most practical guide on squats written out there I have read many books on squats and the majority gloss over the techniques even though it is always stated that the squat is the king of exercises or get lost into many anatomical details Michael James Calderone **Black Belt** ,1987-10 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known marital arts figure in the world **Black Belt** ,1996-12 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known marital arts figure in the world **Black Belt** ,1996-06 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known marital arts figure in the world **Black Belt** ,1997-02 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies In addition Black Belt produces and markets over 75 martial arts oriented books and videos including many about the works of Bruce Lee the best known marital arts figure in the world **Black Belt** ,1996-09 The oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information

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