



Belle of the Bar Powerlifting Manual

By Becca Abrahams

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Belle of the Bar Powerlifting Manual By Becca Abrahams

This powerlifting manual provides you with a 14-week program that will give you all the tools that you need to prepare for your next (or first!) powerlifting meet. In addition, it is packed with information on preparing for a powerlifting meet, coaching cues, weight classes, equipment, recovery, and nutrition. It is my vision to provide women with an affordable source of information and a quality program which has been tested and proven to bring results for a number of female athletes. This program is a great meet preparation program, but may also be used during the offseason to build general strength. Enjoy!

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- Rank: #893921 in Books
- Published on: 2016-03-22
- Original language: English
- Dimensions: 11.00" h x .15" w x 8.50" l,
- Binding: Paperback
- 62 pages

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Editorial Review

About the Author

Becca Abrahams is a certified personal trainer and strength coach at PRIMAL Strength and Fitness in Stoughton, Wisconsin. She is also on the leadership team for Belle of the Bar, an online community which provides female strength athletes with motivation and information. In addition to in person training, she also provides online coaching and programming for clients.

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