



# Serious Strength Training-3rd Edition

*Tudor Bompa, Mauro Di Pasquale, Lorenzo Cornacchia*

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You've put in the time, effort, and sweat to build a solid foundation, but you want more—more muscle mass, strength, and definition. Look no further. *Serious Strength Training* will bring your workouts and results to the next level.

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Featuring solid scientific principles and the latest research, *Serious Strength Training* provides the blueprint for increasing muscle mass and achieving strength gains you might not have thought possible. Follow the general programs or tailor one to your special needs through manipulation of the six training phases—anatomical adaptation, hypertrophy, mixed, maximum strength, muscle definition, and transition—and proper application of the individual metabolic profile.

*Serious Strength Training* is essential reading if you want to lift in the big leagues. Choosing from 67 muscle-stimulating exercises and detailed dietary plans, make it your guide to the greatest training you've ever done.

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