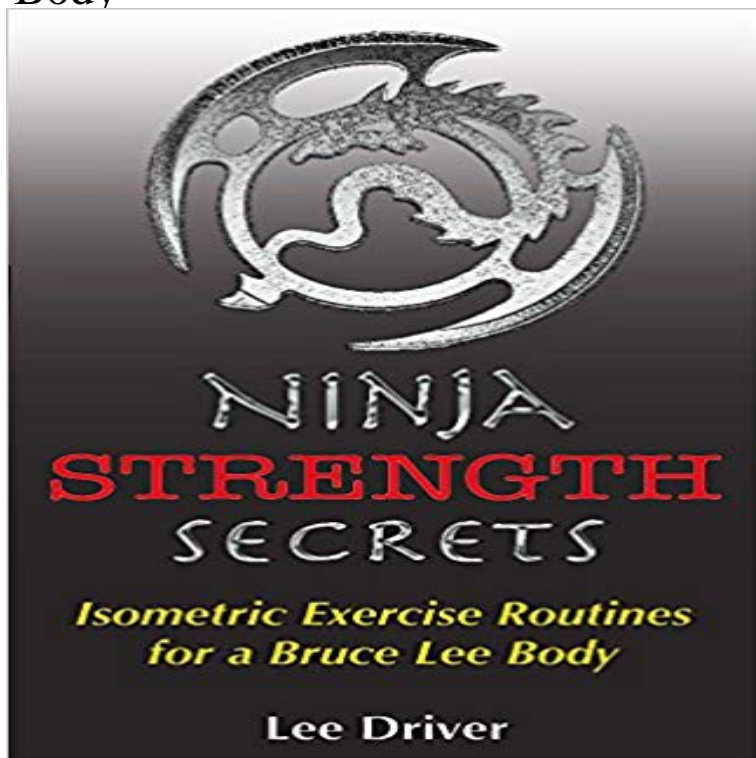


Ninja Strength Secrets: Isometric Exercise Routines for a Bruce Lee Body



If you were to draw up a shortlist of the most muscular men in history, martial artist Bruce Lee would likely feature near its top. Indeed, such was Lee's muscularity, that his physique was described by bodybuilding magnate Joe Weider as the most defined body I've ever seen! And the accolades don't stop there. The Bruce Lee physique would go on to influence other bodybuilders, such as Lee Haney, Lou Ferrigno, and six-times Mr. Olympia, Dorian Yates. So what was the Bruce Lee bodybuilding secret? Ninja Strength Secrets reveals the answer, unmasking one of the most unique and revolutionary strength training systems ever discovered. Possessing what many consider to be the perfect blend of muscularity, definition and awesome symmetry Lee would build a body that rippled and bulged as though he were chiseled from marble. In fact, this system proved so effective that it prompted the author of perhaps the most critically acclaimed book on strength training to call them the ultimate exercise. Bodybuilding Wrecking Ball The author of this groundbreaking book was Bill Starr; and years before he penned *The Strongest Shall Survive*, Starr was your quintessential 7-stone weakling. And Starr would watch in wonder as this training system took a bodybuilding wrecking ball to world records in all sports, knocking them over like skittles: In the world of swimming, Indiana University students began smashing national and world records almost at will, In track and field, Jim Beatty broke the world record in the indoor mile, In competitive weightlifting, Bill March won everything in sight. Yet as remarkable as these results undoubtedly sound, they become almost unbelievable when you realise something that will halt you in your tracks... It's this: These results were achieved with lifts that took just 6 seconds. No. That is not a misprint. Each

of these lifts took a mere 6 seconds to build Superhuman strength. And the really exciting part? These lifts are guaranteed to work for you too. Train Like Bruce Lee During the course of Ninja Strength Secrets, you'll learn how to train like Bruce Lee, as you test-drive the amazing isometric exercise system that helped precision-engineer his workouts. To help us in our quest, we take a trip back to the 1970s and the Kung Fu craze that swept the planet, Next, we peruse the programs that built and crafted the powerhouse Bruce Lee physique, Enlisting the help of the godfather of isometrics, we examine some amazing scientific laws and minimalist principles... and with their guidance, you learn how to tame the dragon workouts that made Bruce Lee a martial arts master and bodybuilding god, You'll then discover the abdominal exercises that guarantee a trim and flat waistline, and find out why crunches are a total waste of your valuable time, And finally, we review the abbreviated training variables you can use to breathe fire into your own workouts including the revolutionary isometric exercise routines that took a bodybuilding wrecking ball to the record books. So if you're tired of the same copycat routines, and you're looking for a simple way to get stronger and build more muscle in the least possible time then, scroll up, click the Buy button now, and begin your journey to a leaner and stronger you! About the Author: Lee Driver is an artist, author, and founder of Ordinary Joe Muscle Building - a site dedicated to abbreviated training. When this cheerfully optimistic 40-something is not writing or drawing something, you can usually find him in the gym lifting heavy stuff, trying to make a dent in his never-ending to-read list, and acting like a fool to make his niece laugh.

Compra eBook Ninja Strength Secrets: Isometric Exercise Routines for a Bruce Lee Body (English Edition) di Lee Driver lo trovi in offerta a prezzi scontati su [Ninja Strength Secrets: Isometric Exercise Routines for a Bruce Lee Body](#). [Ninja Strength 100 Bodyweight Circuits for Strength, Fitness and Conditioning](#). Find helpful customer reviews and review ratings for [Functional Isometric Ninja Strength Secrets: Isometric Exercise Routines for a Bruce Lee Body](#).

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