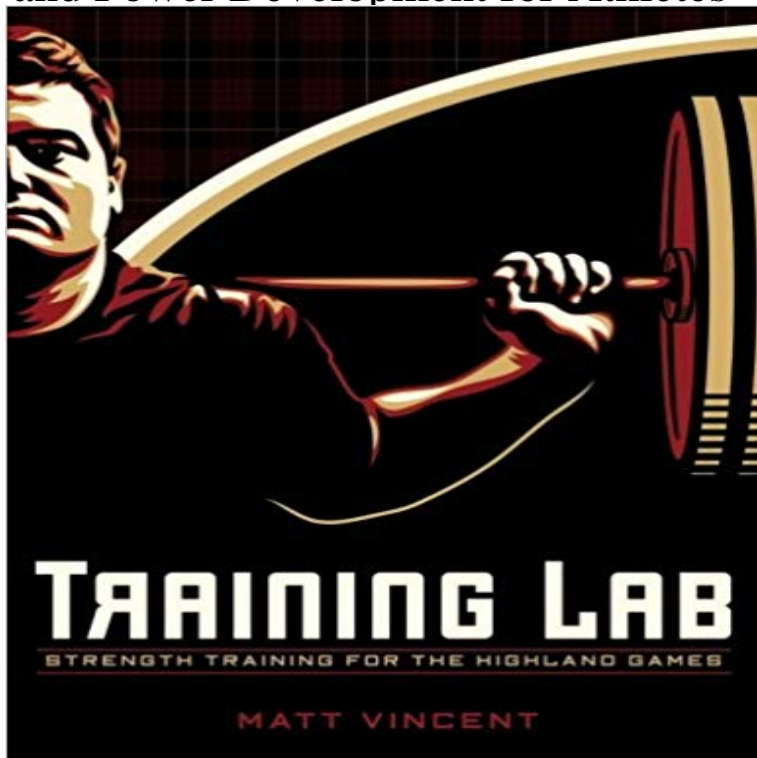


# Training LAB: Strength Training for the Highland Games: Max Strength and Power Development for Athletes



A complete guide for Max Strength and Power development for Strength Athletes. It will provide all the programming you need to go from Off-season strength training, In season training, and how to peak for big games. Introduction by Jim Wendler Background The HVIII Goal of Program Basics of Program Main Lifts Assistance Work and Main Lift Variations Work Sets Explanation of Blocks Throws Training Competition Preparation Gear Training Templates Conclusion

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