

Strength LAB: Explosive Strength and Maximum Power for Athletes

By Matthew Vincent

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Strength LAB: Explosive Power and Maximum Strength for Athletes This book is the follow up from Matt Vincent's Training LAB. The first book was a block periodization training program aimed at strength athletes specifically those training for the Highland Games. Matt is the 2012 Highland Games World Champion. He also also competed at a national level in Strongman, Weightlifting, and Powerlifitng. He also participates in Crossfit helping athletes when he can with programming and becoming the strongest athlete they can become. Strength LAB: explains his philosophies for training as well as lays out block programming for any strength athlete looking to build max strength and explosive power. Focus on big Main lifts, Squat, Deadlift, Bench, Push Press, Snatch, and Clean. He covers Mobility issues, Conditioning, and a simple training program called "The HVIII". It is a 5 week program, simple and effective, run it on repeat and keep making progress. Cheers and Spread the HVIII

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