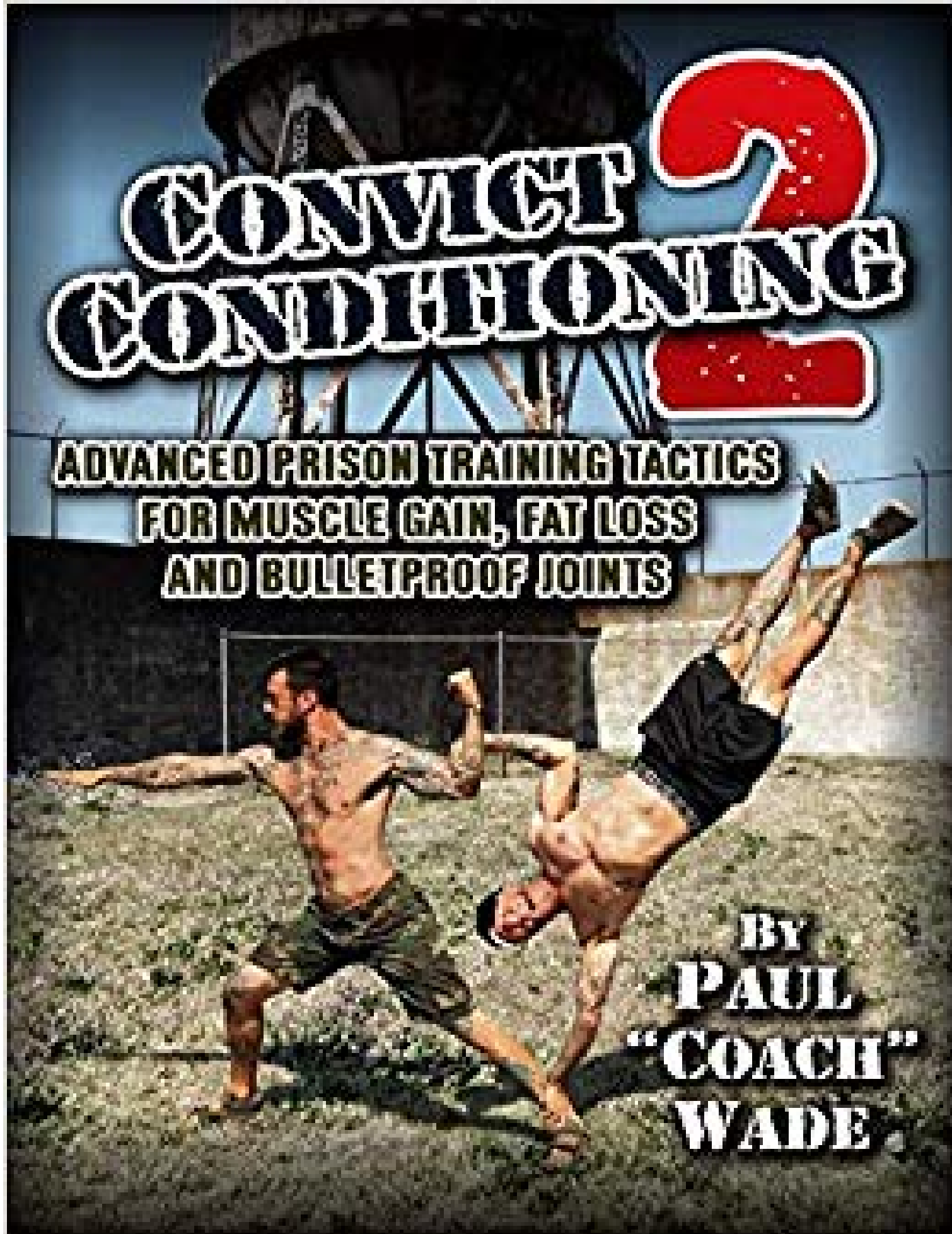


CONVICT CONDITIONING 2

ADVANCED PRISON TRAINING TACTICS
FOR MUSCLE GAIN, FAT LOSS
AND BULLETPROOF JOINTS

BY
PAUL
"COACH"
WADE



Paul Wade

Convict Conditioning 2: Advanced Prison Training Tactics for Muscle Gain, Fat Loss and Bulletproof Joints



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definitely must have. I've began calisthenics with the old man, an x football player with an increase of injuries than my fingers and toes. He's finished with weights. Also, I highly recommend that you buy the Convict Conditioning (the first book) Just before you get this book. Believe me on this one Convict Conditioning 1 and 2 will make you strong and it'll reduce a lot of the old people aches. For me personally the big thing may be the amazing balance I will have. Coach Wade may be the strategy to use. Thus, his diet suggestions is to have "three squares" rather than worry about macronutrients too much. Additionally, you will receive instructions on versatility exercises and the eyesight of Paul Wade about nutrition. That's amazing, really. Excellent Companion for Joint Health insurance and Bodyweight Strength This book is incredibly useful for studying joint health insurance and "active stretching", which goes against much of the received wisdom on stretching and in addition explains why progressions are so important in calisthenics. A follow-up to CC1, the book consists of three sections: 1. I am in school for exercise technology and analyze modalities of exercise all day and my estimation is that a mix of weight training and accessory work is extremely important and no you have a book that rounds out the work needed to be carried out for the calve neck joints etc job done well It has very helpful information and do what you can with what you . These exercises train grip power, lateral chain, throat and calves. I believe it was Bruce Lee that said, "absorb what's useful, discard what's not". However they are an important product if you are an athlete in a specific field (e. This 2 PDF documents answered a loot of queries that I got about the execution of the routine. martial artist or grappler), have a particular weakness to correct or simply want to mix things up a little bit from the most common bodyweight exercises. For instance a hamstring or leg stretch which involves hoisting one's leg over a bar and leaning down to hold the toes near one's head.. Joint strength, "tension versatility" and stretching and mobility. Several warm-up ideas which will make total sense. Therefore, one "stretches" a muscle tissue while trying never to use it. The common approach to stretching would be to "loosen up" muscles while _not_ engaging them. Wade makes a convincing case that the normal wisdom on stretching and flexibility is misguided and will be harmful to joint health insurance and make one susceptible to damage. This results in stretches that often go considerably beyond what you might be able to do under one's personal strength. As with CC1, the focus is on a single key exercise for every area combined with progressions. This stretches the hamstring but does therefore ready that one will be struggling to maintain _simply applying one's own strength_ (hip and core strength, hamstring and back versatility, etc). Which means that one can be setting oneself up to stretch out for positions over which one has no capability to control. For instance, rather than the "passive" hamstring stretch out defined above, and which relies on leverage and outside objects (the bar) to carry one's leg in the stretched position, Wade advocates L-keeps that engage the core and hip muscles, and both engage _and stretch_ the low back and hamstring chain. Even more important, it does not train the joints to extend "under load", what Wade phone calls "active stretching" or "tensile strength". Wade's "stretches" are essentially power holds that do not allow one to stretch further than one's own muscular power is able to achieve. That approach is usually a prelude to accidents. Thus the very muscles one is stretching -- the posterior chain -- are also under tension: this means that you can extend no further than your power allows, and it also builds what Wade calls tensile strength, that is vitally important for joint health insurance and strength. Wade makes a very solid case for tensile strength being a huge benefit of bodyweight conditioning whereas bodybuilders will tend to have joint problems. Overall, I consider this an important companion to CC1. I pulled a vintage big bush's roots from the ground the other day with simply my bare hands. This section on joint health was worth the complete price of the book for me. I will incorporate much of section 2 into my bodyweight training. calisthenics forever I actually am a calisthenic enthusiast and former convict. A mixed handbag of chapters on diet, rest, motivation and mindset. He really likes it. What's cool to his strategy is he has "helpers" to help you get to the harder stuff. Good details in this section but nothing at all earthshattering. This might also explain why bodyweight sports athletes can be immensely strong without being huge: their joint strength and tensile

strength is pulling the load, whereas bodybuilders are relying completely on skeletal muscle, not joints and ligaments. Good Book It was an excellent book for old college ideas i am today using in my workouts. This was the most enlightening and useful section for me. Five Stars Wade is awesome Four Stars It was something special. ;The reason of tensile strength and active stretching also clarifies why progressions are so important in bodyweight training and why it may not pay off to "get ahead of oneself" even if a given progression stage seems easy: the progressions are fundamental to building up joint and tensile strength, which can only be done slowly. I have already been grip teaching for 2 a few months. The only reason i give it the book 4 stars is because it provides zero workout routines, simply extra exercises to make your training harder or better. Therefore the first book is essential before you read this book. However, i came across the initial book's video documentary on YouTube free of charge. So save your valuable money and watch it for free, then buy this book! Great book! Convict Conditioning 2 is a great book. This book pick up where CC1 still left off. In this book you'll learn how to strengthen the weak spots within your body (forearms, hold, calves and neck). Essentially that means anyone between 8 and 80 can do that workout.To use the CC's and CC2's regimen in your life, you will need patience to see the results, but you can rest damn sure that, in the event that you put the effort and time needed, you will have results that will last for your complete life.When you can, please seek out the Convict Conditioning FAQ and Convict Conditioning CHARTS (I came across on Scribd).g. Just achieving our sixties, the pains and aches can be annoying actually w/o the injuries.Last advice, USUALLY DO NOT "workout" to get exercise. Workout with a specific goal in mind. Perform 1x5 One-Arm Handstand Push-up, can be an excelent objective. My grip power has probably trippled.)Ps: Sorry for my english, I'm not really a native speaker.3.i have no idea about his knowledge but what I learned from older convicts was certainly not calisthenics, and I won't enter what they do train.this being said who writes a book on these parts of the body well Paul wade did and the book is excellent. Ancillary exercises outside of the Big Six from CC1.2.. If you have made conditioning a part of your life, this companion book is another device for the arsenal. It has very useful information and do what you can with what you find out. Wade admits that these exercises are not "should do" in case you are already doing the Big Six. Words and phrases to live by. Great bodyweight exercise book Every program is explained very well. The grasp training is the key take-away of the book and the exercises for the lateral parts of the body. These chapters, understandably, had been quite definitely influenced by Wade's amount of time in prison. Five Stars That is awesome guide toward building a better physique One of the must-have physical health and training books, adding worth to the first CC if the kalokagathia may be the aim, the book can help you with physical part (but only adding value to the first CC) Ninja Warrior Part 2 Great dietary supplement to the first publication with all kinds of extra training and advise.



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