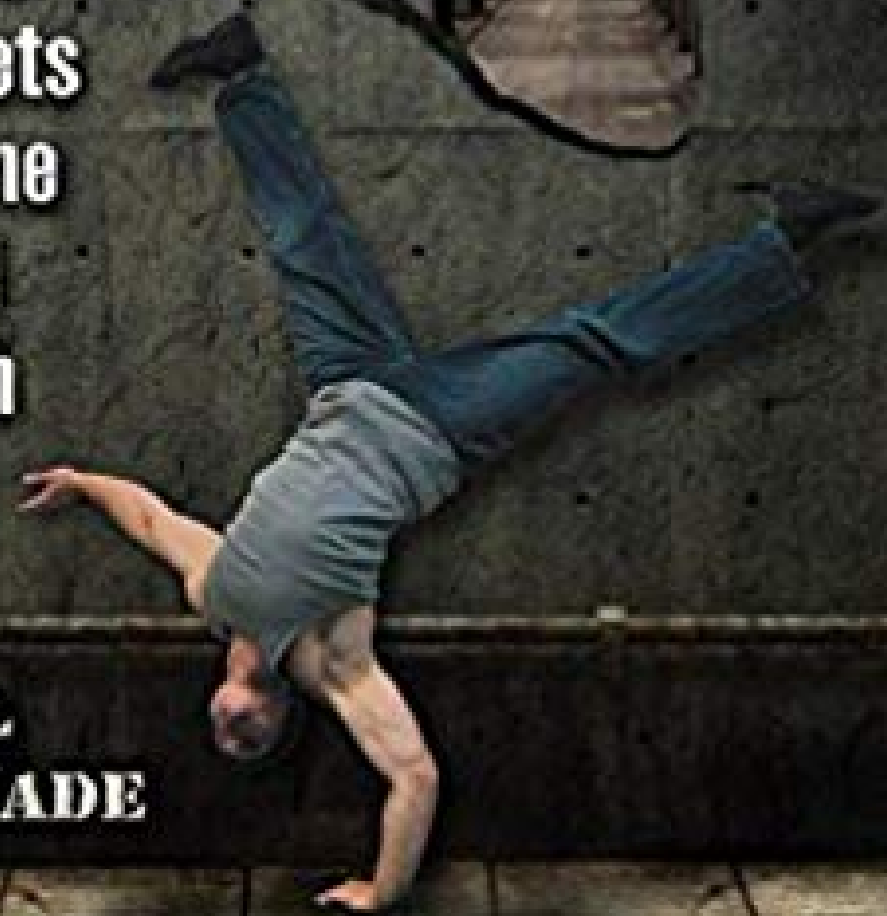


CONVICT CONDITIONING

**How to Bust Free
of All Weakness—**

**Using the
Lost Secrets
of Supreme
Survival
Strength**

**BY PAUL
"COACH" WADE**



Paul Wade

Convict Conditioning: How to Bust Free of All Weakness - Using the Lost Secrets of Supreme Survival Strength



[continue reading](#)

The Title May Audio Gimmicky but the Content is Rock-Solid The book is well-organized and very well-written, except for a few copy-editing glitches, such as for example utilizing the word "effect" when "affect" would've been the correct word. It's tone is quite frank and its delivery straightforward and apparent. Such a method does in fact exist.-- Susanna K. and I believe this will be a lifelong endeavor. This method has evolved by trial-and-error over the centuries, and provides proved its superior capability to transform flimsy men into steel-forged warriors again and again. The program explained in this book is so well-reasoned, well-researched, accessible and simple it has renewed my interest in working out. It's not only fun to read but it is also very interesting. Done well. Now on Step 5 for PushUps, Squats, Leg Raises. but in very poor physical condition I am a 26 yr old female, and not overweight, but in inadequate physical condition. I have tried weight lifting routines/ etc, and all seem to put an excessive amount of strain on my body. My hubby actually bought this publication for himself and I started reading it and couldn't stop. This is exactly the sort of strength I needed to build and the publication gave step-by-step progression of how to master each exercise. I am so excited about this. I imagine it will take me 2-3 years to master most moves... This reserve is hands-down the very best I've ever noticed on a specific physical-culture discipline---in this case bodyweight training. Ask the average muscleman to accomplish a deep one-leg squat-ass-to-floorstyle-and his knee ligaments would probably snap in two. The book is quite well written. I am at about week 6 or 7 to do the exercises. I have only progressed on several, and I could tell that some will take a lot more than the suggested 1-month per exercise before progressing to the next move. But that's okay. I can't wait to be more strong and suit. I think I'll update this review each year or so. Definitely recommend. On the other hand, people like Charles Atlas sold a simple bodyweight system that taught visitors to appear and feel great utilizing their own bodies. Furthermore, it's different than any other you'll likely read. It's created in a colourful, easy reading style with no pretense. According to the writer, an ex-convict, "The average fitness center junkie today is about appearance, not ability. These men may have big, artificially pumped up limbs, but all that the size is in the muscle tissue; Flash, not really function. Fantastic book, so happy I purchased it. Each move can be explained very clearly with pictures and text message. What strength most bodybuilders do have, they cannot use in a coordinated method; if you asked them to walk on the hands they'd fall flat on the faces." That is an extraordinary book about functional bodyweight training. By functional After all you are trained to be strong for everyday life -- not muscular for the sake of appearance. I had literally gotten to the idea that the stairs in my house triggered me to pause, after climbing them, hunched over gasping for surroundings, and my knees were so unstable I wouldn't dare proceed downstairs without gripping the railing. The book provides lots of pictures in it with easy-to-understand instructions. Not really a pretty sight. The writer continues, "To become hugely powerful, its not necessary weights, cables, fancy machines, or any various other crap that the industry or the infomercials are brainwashing you into thinking you can't do without. It appears like it's been edited by many people. But to unlock this power-the power of your body-you need to know how. The Pushup: Armor-Plated Pecs and Metal Triceps 6. It also is well-indexed, an excellent benefit for a training manual since visitors will necessarily need to refer to topics again and again as they progress through the methods of this program it describes. It's based on traditional, ancient forms of training, methods which are as aged as teaching itself. Having finally grown weary after years of trekking to the gym three days weekly and coping with weightlifting injuries, I recently began casting about for another method to train and as a result became interested in the notion of progressive calisthenics as an option. This method is

progressive calisthenics-the art of utilizing the human body to maximize its own development. Calisthenics today is seen as a way of aerobics, circuit training or muscle endurance. I love how he stresses to start out simple and go on an easy task to enable your body to adjust and build those muscle groups you do not realize are weak and that means you don't hurt yourself later on! However in the past-before the second half of the twentieth century-all of the world's strongest sportsmen earned the majority of their power through carrying out calisthenics progressively-to become stronger and stronger, day by day, week by week, year after year."He then teaches you, step by step, how to move from zero to elite with only bodyweight. He says that the fitness industry promotes weights and various other gadgets to make money. Not merely for the data of the exercises, but also for the annals it shares and the unique perspective of the author. Ex-con author gives the lowdown on being truly a accurate warrior using bodyweight only That is a classic bodyweight training manual. The Pullup: Barn Door Back and Major Guns⁸. Listed below are the contents: 1. Introduction: A Trip of Strength 2. Old College Calisthenics: The Lost Artwork of Power The Convict Manifesto: Bodyweight Training vs Contemporary Methods 4. Convict Conditioning: About This Book PART II: THE BIG SIX: 5. You need the proper method, the artwork. The value of this book is in the information. Of course, in all fairness, Atlas became rich too. The Leg Raise: A Six-Pack From Hell⁹. The Bridge: Fight Ready Your Spine 10. Routines: Workout Programs Acknowledgments Index As you can observe, the publication is packed. Body Wisdom: Cast Iron Principles 1 2. The Handstand Pushup: Healthful Effective Shoulders PART III: SELF-COACHING 1 1. I've been following this program since July 2018 (its now December 2018). One that's an easy task to do yet extremely effective. It requires you to very critical exercises in a way that really works --- through the use of progression. They walked like a unwanted fat person whose thighs rub against each other. And while it is a great guide for a newbie in weight training, I assure you this program outlined within it will challenge sports athletes at any level. In the event that you read the background of bodybuilding, you'll read the way the Weider brothers and several before them produced a good deal of wealth selling supplements and various types of muscle mass building equipment. This book is fantastic, it starts things on a straightforward gradient and builds you up to bigger and better. Perhaps that's understandable. But the training applies to women as well. Numerous comments have been manufactured in other reviews questioning whether or not the author is actually an ex-convict. Well, it may be a advertising ploy. But I do improve, some of the 6 actions I progress quicker, some much slower. Regarding the British English that is used in some parts --- the editors are from Australia and perhaps some in the U.K. It's poor editing, needless to say, to place an American writer in British English. You need to be patient and sometimes work around some of the levels, because you do need to do some stretching, specifically if you are like me with less perfect spine etc. You can gain Herculean strength-real brawn and vitality-with no particular gear at all. If so, they didn't catch many misspellings that they ought to have. But to me, those are small issues. True -- a publication as expensive as that one should be error-free of charge. But we reside in a world of poor editing. The Squat: Elevator Cable Thighs⁷. Step three 3 for Pull-ups and Bridges and just now ready to begin handstand push-up series). My guess is it's one you'll put to work immediately and use often. Easy and fast read Perfect Exactly what I was looking for GREAT READ! But it's likely you'll create a new respect so you can get functional strength through the use of only your own body, within your own period and totally by yourself. And that is convict conditioning. It works for them. It will work for you. As a 62 year old man who has never done a pullup, because of this book on my Bullworker X5 I've progressed so much just in 5 a few months. I'm now 70 yrs . old

and've been training for well over five decades---everything from gymnastics to triathlons---and I also read plenty of books having to do with diet and exercise. must read, no nonsense approach to real life fitness.Highly recommended.I must say i recommend this book, you can train in the home without expensive products.Also the writer describe everything perfectly. But it's done only in a few parts. But there are several reasons an ex-con wouldn't normally want to use his own name on paper this, or any, book. As advertised As advertised Changed my own body and my existence!You have to also look into ketogenic diet and when intermediate fasting if you want me have to loose bodyfat. their tendons and joints are weak. However the joy of getting stronger is large. Among the many things I love about it can be that it starts the reader out at an extremely easy to perform workout. I am 38 yrs . old, and when I began, I was 5'11" and 267 pounds. Extremely overweight, bad knees from, well being obese but also from previously years of wrestling, football, fighting techniques, and other combative sports, not forgetting my knees scoped for meniscus tears. I kept getting harmed during regular lifting weights (I've historically, generally used weight training) making it difficult to continue any type of training.Like the author, I've seen beefy guys and gals at the gym walking ahead of me looking like they could hardly move because they had so much muscles on the legs... After reading this book, and following the applications beginning at Step 1 1 for all exercises. I am now 213 pounds (lost 54 lbs in 5 weeks), stamina through the roofing, and more strength and muscle growth on a regular basis. I highly recommend it.If you are thinking about bodybuilding, fitness or bodyweight teaching, you should add this book to your library. I was a 44" waist and now 36"... I've also started incorporating Exercises from Paul Wade's "Convict Conditioning 2" and "Explosive Calisthenics". Great Book 2 thumbs up! The book doesn't say you should choose one over the other. Hutcheson Just buy and start transforming, 20 min 3 days weekly. im likely to re go through and reference this reserve through my fitness journey Not the most ideal way to gain strength I've followed the publication in my own workouts for half a year to check by Jiu-Jitsu and the results were sub-optimal. I would not recommend the publication for the next reasons- 1) Progressions are not discussed with enough technical details. 2) Listed workout programs don't have enough volume to generate hypertrophy. Only the so-known as brutal routine "Solitary confinement" can generate plenty of volume for growth. 3) The author is usually dogmatic towards barbell motions and attempts to kill the strawman by describing a barbell movement wrongly (for example the rebuttal of shoulder press). 4) Probably a prepared up backstory behind the publication. the book is easy and easy!Unfortunately, the author directs the publication to males and makes no reference to training women. It is not taken seriously. Good publication for someone who wants to work out at home! Exercise If you're searching for a well defined routine that doesn't use weights, this book sets it out there.It is possible to continue with your weights if you would like.



[continue reading](#)

download free Convict Conditioning: How to Bust Free of All Weakness - Using the Lost Secrets of Supreme Survival Strength txt

download free Convict Conditioning: How to Bust Free of All Weakness - Using the Lost Secrets of Supreme Survival Strength epub

[download Pointing Is Rude: One Father's Story of Autism, Adoption, and Acceptance mobi](#)

[download The Way of the Iceman: How the Wim Hof Method Creates Radiant, Longterm Health divu](#)

[download free Convict Conditioning 2: Advanced Prison Training Tactics for Muscle Gain, Fat Loss and Bulletproof Joints txt](#)