



Men's Health Power Training: Build Bigger, Stronger Muscles through Performance-Based Conditioning

Robert dos Remedios

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One of the nation's elite strength and conditioning coaches presents a unique training program designed to help men achieve functional strength and muscular balance throughout their bodies.

For decades, the conventional measure of an individual's strength was the amount of weight he could bench press. Now, that measure is being challenged by expert trainers like Robert dos Remedios who argue that the variety of movement patterns used in functional training is the real key to getting bigger, stronger, and more powerful. In *Men's Health Power Training*, this acclaimed collegiate strength and conditioning coach describes in detail the methods he has used to develop hundreds of Division I scholarship athletes, including several current NFL players.

The key features that make this book a standout in the fitness field include:

- Exercises geared toward functional strength that can be utilized in real-world situations, from playing sports to lifting furniture
- Training sessions that are short, intense, and highly effective
- Compound, multijoint exercises that replace the less-effective isolation exercises found in many fitness books
- No-nonsense dietary information utilizing a new and innovative food pyramid developed by the UCLA Center for Human Nutrition that will optimize strength gains, recovery, and physical progress

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