



## Twisted Conditioning 2

*Bud Jeffries*

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**Twisted Conditioning 2** Bud Jeffries  
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## **“The Ultimate System for Building Super Human Levels of Strength & Endurance”**

Often times a sequel never equals the original, but it is our sincere belief Twisted Conditioning II at the **VERY LEAST** equals Twisted Conditioning if not surpassing it.

If it was just a better version, we might scrap the original Twisted Conditioning and come out with a “new and improved” version. But it’s not. It’s an extension, an evolution in the field of strength and endurance. Most especially in the field of building frightening maximum power (read “world class strength”), and developing at the same time unbelievable endurance (read “keeping up with and surpassing endurance athletes”).

It is not just a rehashing of the original concepts laid out in Twisted Conditioning. In fact we spend only a few pages quickly reviewing and modifying the original concepts. From there... it’s all new stuff.

What kind of stuff?

How about conditioning with:

Kettlebells  
Isometrics  
Sleds  
Wheelbarrow  
Water  
The Power Jumper  
The Mace  
Block Weights  
Fighting Calisthenics  
And more!

How about building strength with:

Full and Partial Lifts  
Old Time Poundage Lifts  
Odd Lifting  
Mixed Implement Single Lift Routines  
Maximum Power Strongman Training  
Steel Bending  
Heavy Cables  
... and those are just a start

In fact there’s so much in the book that we actually considered splitting it up. Not to squeeze more money

out of you, believe me I've still got plenty of info left in the bank to give, but because we don't want you to get lost in the routines and not actually get up and get off your butt and help set a new standard for strength and endurance.

One of the things we've been asked most about is specific routines for all the different implements that I train with. Well...

There are Over 100 Specific Workouts Ranging from Every Conditioning Implement as well as Multiple Combinations of Implements.

If you work through every routine in this book, you'll be one of the most conditioned and strong men walking around today and you'll build familiarity with every strongman and conditioning implement. Plus you will never get bored.

You see that's what we're trying to do here. Not give you endless variety for its own sake. And don't think you can't apply these principles and do this training with minimalist equipment. We're giving you the best of both worlds. We're trying to give you a template to become the most complete strength and endurance athlete that you can be. To be able to step into anyone else's arena and with little or no training give 'em a shock! And to shock yourself not only when your endurance skyrockets, but when your strength just keeps going up and up. To avoid the commonly accepted pseudo-science that says, "You can be strong or enduring, but not both."

**BULL!**

You can be whatever you choose in your training. You just have to understand how to get there. Well here's the second part of unlocking a whole new world of training for you.

I'm tired of weakness in the Iron Community.

I'm tired of the attitude that says you can't be what you want.

I'm tired of training that doesn't produce real iron men!

I'm tired of seeing people say their way is the only way.

I'm tired of seeing people say you can't train with whatever implement you choose and still get a great workout.

I'm tired of people saying being thin, small, and enduring is the only way to health or that being big and strong alone rules the day.

That's all crap!

Plain and simple.

It's propagated by small minds with hidden agendas.

Real training that produces real world-class results.

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#### **Arthur Atwood:**

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#### **Beverly Ingram:**

Reading a guide tends to be new life style in this particular era globalization. With reading through you can get a lot of information that can give you benefit in your life. Along with book everyone in this world can easily share their idea. Books can also inspire a lot of people. Plenty of author can inspire their very own reader with their story or even their experience. Not only the storyline that share in the publications. But also they write about the knowledge about something that you need illustration. How to get the good score toefl, or how to teach your sons or daughters, there are many kinds of book that you can get now. The authors these days always try to improve their ability in writing, they also doing some research before they write for their book. One of them is this Twisted Conditioning 2.

#### **Brittany Gonzalez:**

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