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Perhaps the most influential book ever written on the subject of strength training for sports is Bill Starr's "The Strongest Shall Survive: Strength Training for ...

[Old School Trainer | Classic Workout Routines](#)

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[Singles for New Strength Increases | Iron Man Magazine](#)

Thu, 02 Jan 2014 23:54:00 GMT

There are a great many strength coaches, personal trainers and fitness instructors in this country who do not include singles in their athletes' programs. They

[Maintaining Balanced Strength: The Adductors | Iron Man ...](#)

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The very first exercise I teach all my strength athletes is the full squat. That one movement strengthens all the groups in the hips and legs: the glutes, quads ...

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