



Pushing the Limits! Total Body Strength with No Equipment

Al Kavadlo

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What is more satisfying than **OWNING** a primally powerful, functionally forceful and brute-strong body?

A body that packs a punch. A body that commands attention with its etched physique, coiled muscle and proud confidence...A body that can **PERFORM** at the highest levels of physical accomplishment...

Well, both Al Kavadlo-the author of Pushing the Limits! -and his brother Danny, are supreme testaments to the primal power of body culture done the old-school, ancient way-bare-handed, with your body only. The brothers Kavadlo walk the bodyweight talk-and then some. **The proof is evident on every page of Pushing the Limits!**

Your body is your temple. Protect and strengthen your temple by modeling the methods of the exercise masters. Al Kavadlo has modeled the masters and has the "temple" to show for it. Follow Al's progressive plan for primal body power within the pages of Pushing the Limits!-follow in the footsteps of the great bodyweight exercise masters-and you too can build the explosive strength and possess the magnificent physique you deserve.

"When people ask me about bodyweight strength training, I point them to Al Kavadlo. **Pushing the Limits! is a must-have** for bodyweight training enthusiasts or anyone looking to build strength without lifting weights. Al lays out dozens of effective exercises for every fitness level,while making the journey fun and encouraging."-MARK SISSON, author of The Primal Blueprint

"This book is bodyweight strength training for the ultimate purist!" -PAUL WADE, author of Convict Conditioning

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