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Poliquin Principles 2nd Edition | Muscle & Fitness

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What I've done is taken seven of his principles and committed them to memory, so much so that I can't do a single exercise without taking them into consideration. It's kind of like that best-selling business book, *Seven Habits of Highly Effective People*, but instead, I prefer the less elegant, more humble title, "A Simpleton's Guide to Charles Poliquin's Training Principles".

A Simpleton's Guide to Charles Poliquin's Training ...

This book contains two major sections: Section I defines the basic principles of resistance training, and Section II shows how to apply these principles to training major body parts. The sets and reps chapter for this edition was divided into two separate chapters, and likewise the nutrition chapter was divided into two chapters, one on nutrition and one on supplements.

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The Poliquin Principles. Cover of the second edition of The Poliquin Principles, which was published almost a decade after the first. The Poliquin Principles: Successful Methods for Strength and Mass Development is a 1997 bodybuilding and strength training book by Charles Poliquin, former strength and conditioning coach of the Canadian Olympic team, and currently the strength coach of several athletes competing in the NHL and other professional and amateur sporting organizations.

The Poliquin Principles - Wikipedia

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This new edition is an e-Book. Every chapter of this 3rd edition of Poliquin Principles has been completely revised, updated, and expanded. The book is divided into two major sections: Section I

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defines the basic principles of resistance training, and Section II shows how to apply these principles to training major body parts.

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