



## Janelle Pica s Powerful Pressing Program: The Quest for the Kettlebell 1-Rep Max Military Press (Paperback)

By Janelle Pica

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.There is something truly primal about lifting a weight above your head. Its as if our own primitive, caveman-like selves are awakened by practicing the overhead lifts. The Military Press has a particularly unusual ability to make us feel stronger just by merely practicing the lift. Friend and fellow kettlebell instructor, Daniel Byrnes, said it quite well one day while we were discussing our heavy single arm press. Speaking like a true cave man, he uttered, "This is my rock. I must lift rock to highest place. Important to lift rock. Always. I will be strongest self." And really, thats what our Powerful Pressing Program is all about. We want to lift heavy things consistently, and the military press itself offers some unique benefits for your body that go way beyond your upper body. If you want great shoulders, a strong back, solid abs, and some nice looking glutes and quads, practicing the kettlebell press will yield all of the above and then some! quot;If you want to GAIN STRENGTH and AMAZING PRESSING POWER, then...



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