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Training Massive, Muscular Arms

Some Comments from Lens Students I want you to know that in my many years of being a student, you easily rank as the best teacher I have ever had. Your skill and patience has made me infinitely more comfortable with my weapons and myself. The next class you teach, I'll be there in a heartbeat. I'm sure you don't have to be reminded of the multitude of people you have touched and the positive impact you have had on firearms training overall. Bob Patridge Len has taught me to effectively and safely use a handgun and rifle and for that I will always be grateful. I look forward to the time I spend once or twice a week under his instruction. Len has created a wide range of firearms training programs out of virtually nothing and trained a sizeable and competent cadre of firearms instructors who, like me, greatly respects the man. He is engaged with his students and always approachable. Students who have shot much longer than me comment on his great depth of knowledge and ability to improve their shooting. He clearly loves to teach the material and his enthusiasm is contagious. He has a great sense of humor and makes his classes a lot of fun. But in spite of all of this the safety of his students is always his first concern. Dr. Noel Pillman, MD I am a retired police officer and a former police firearms instructor for over 20 years. I have been to numerous firearms training classes over the years but have not had any instructors more professional, knowledgeable, and dedicated to what they do then Len Breure. Maurice Merabella "Len was my first real 'tactical' instructor a few years ago. He is a thorough, safe, and well versed instructor. His teaching style is unique in a way that clearly conveys lessons and makes them easy to understand for experienced shooters and novices alike. Len brings a wealth of prior "been there, done that" experience to the table that's an asset to his teaching, and is rarely found in many of the new instructors that have come to the arena since most states have enacted concealed carry laws. I continue to train with a variety of tactical

instructors, and am always amazed by how much of the information Len taught me is still the foundation upon which I build." Mike VanMeeteren "I have been fortunate enough to receive numerous training courses that were being taught by Len Breure. In my opinion, Len is one of the best in the business! It is very rewarding to be able to learn from someone who has the experience and knowledge to take tactical training to the next level." Jim Bryant I first meet Len while taking my Minnesota Concealed Carry Course in 2005. Since that time I have taken every course that Len teaches. In my opinion Len is the consummate professional, who teaches with passion and an incredible degree of knowledge. I would strongly urge anyone interested in personal protection to take Len's courses. Mike Pingel Louis Awerbuck is one of America's premier firearms trainers and instructors. He firmly believes that training and tactics are the most crucial elements in determining how people respond in a real fight. This book brings together a decade of articles by Awerbuck in S.W.A.T. and Soldier of Fortune magazines on subjects ranging from creative target systems and firearms marksmanship under stress to defensive survival of a deadly-force encounter. But above all the book is intended to promote thought on surviving a fight in an increasingly deteriorating society. Tactical Reality is not for the person who looks for trouble where he could have avoided it. It is not for the man who shuns cover and takes an unnecessary bullet. It is not for the squeamish or anyone who isn't prepared to fight to defend himself or his family. It is for everyone interested in finding out how to take a realistic approach to training so that, if need be, he can turn the tactical odds in a gunfight in his favor. This book proves that you are what you practice. This Book is Volume 5 of: The Prophetic Field Guide Series. In the heart of every prophet, there lies a warrior, a David, that is ready to slay Goliath. If you tell a prophet that there is nothing that you can do to overcome the enemy, you will find yourself being challenged and having a story shared with you about the victory that you should walk in with Christ. A true warrior holds no

excuses of why he cannot defeat his enemy and so is true with a genuine prophet of God. He is ready to take up the weapons of warfare that God has prepared for Him and to set the captive free and to heal the broken hearted. The prophet that God has called is ready to step onto the battlefield, gain victory in their own lives, and then share the secrets to obtaining victory to all those around them. In this book, you will find out about: Warfare at the highest level The different battlefields of the enemy The structure of satan's kingdom The power of your sword The reality of your authority in Christ Prophet of God, now is the time to face your own limitations and your own bondages and to see what has been holding you back from walking as the warrior that God has called you to be. Once this is done, you may then step out, pick up your sword and break the chains of wickedness from God's people and the fire in you will blaze as never before. STUDENT NOTE: This is the text book used for the Prophetic Warfare course at www.prophetic-training-school.com Building strong, muscular arms takes more than hard work and dedication. It also takes a plan—one rooted in science, based on the latest research, and proven to deliver results. Massive, Muscular Arms: Scientifically Proven Strategies for Bigger Biceps, Triceps, and Forearms is that plan and so much more. Massive, Muscular Arms takes an in-depth look at the underlying principles of biomechanics and anatomy to provide you with a better understanding of why your results may have stagnated and how small adjustments to the most common arm exercises can make them more effective. You will learn about the importance of training for strength and why low-rep strength work is a necessary component to building more aesthetically impressive arms. Packed with over 65 exercises designed to work deep into the muscles, you will be able to substitute selected exercises into your existing program or follow one of the six featured training programs (for novices and experienced lifters alike) that are designed to blast through plateaus and take your arm development up a notch. Author David Barr, a certified strength and conditioning coach who has over two decades of experience

in strength and conditioning, also provides you with sidebars that debunk the popular myths that are associated with arm training. Safety considerations for more advanced exercises and advice on how to perform exercises correctly and reduce risk of injury are also included. Let Massive, Muscular Arms help you take your training to the next level! CE exam available! For certified professionals, a companion continuing education exam can be completed after reading this book. Massive, Muscular Arms CE Exam may be purchased separately or as part of the Massive, Muscular Arms With CE Exam package that includes both the book and the exam. For men, broad shoulders and muscular arms are the archetype for strength and power. For women, the sagging underarm is one of the most common trouble spots. For both, defined deltoids make the waist appear smaller and separate the arm from the shoulder, creating an athletic and healthy look. Body-conscious modern fashions make training the shoulders and arms a priority for everyone. The Complete Book of Shoulders and Arms is the definitive resource to train these muscles safely. Each exercise is illustrated in detail, ranked for difficulty, flagged for lower-back risk and accompanied by explicit instructions and specific training tips to achieve optimal results. The exercise routines are based on the most current research in sports medicine/exercise physiology and were created by top strength coaches, athletes, personal trainers, exercise physiologists, doctors, physical therapists and nutritionists. Programs are designed for everyone from the novice to the advanced enthusiast, for the corporate executive with time-crunched schedules and for the senior concerned with wellness.

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