



UNLEASHED: A Training Program to Increase Strength, Power, Muscle and Stamina

Alexander Stone

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Designed for natural athletes and physical culturists who have developed basic bodyweight and barbell strength and are ready to take their training to the next level, UNLEASHED is a concentrated 8-10 week program that delivers results when fully executed. Make the commitment and emerge stronger, faster, bigger, leaner, more flexible, and more powerful than you were before!

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